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ICCA QUARTERFINALS



CINDY JIANG/PHOTOGRAPHY STAFF

The Octopodes won first place overall at the ICCA Quarterfinals, which also featured the All-Nighters and Notes of Ranvier. See page B3

Naomi Klein talks climate justice at FAS

By ROLLIN HU
Staff Writer

Naomi Klein, environmental activist and writer, spoke in Shriver Hall as part of the Foreign Affairs Symposium (FAS) on Tuesday. Klein, a Canadian, is known for her critically acclaimed books *This Changes Everything: Capitalism vs. the Climate* and *The Shock Doctrine: The Rise of Disaster Capitalism*, which discuss the relationships between climate change and capitalism, and the role governments should play in the economy.

She detailed how marginalized communities within societies are neglected by both the government and free-market

ket economies. Climate change is often ignored, according to Klein, because its repercussions will only be felt in the long-term, and poor countries, those with the least sway internationally, will bear the brunt of climate-related disasters.

Prior to the talk, the Hopkins student group Refuel Our Future distributed orange badges outside of Shriver calling for the University to divest from fossil fuels. During the talk, Klein herself wore one of these orange badges and praised the efforts of the student group.

"We are a Johns Hopkins fossil fuel divestment campaign," Refuel member Hannah Farkas said. "The idea is that Hopkins

currently has a portion of its endowment invested in fossil fuel companies, which is really normal — almost every university has that. So we are out here handing out orange badges because orange is the color of the divestment campaign."

Klein structured the talk by referencing numerous examples of current failures in dealing with the effects of climate change on human society, as well as examples of current movements that are successfully combatting those failures.

She began by addressing the UN climate change conference, COP21, that occurred in Paris in December. She provided moderate praise

and bitter criticism for the agreement, citing the lack of a concrete action plan to reach the stated goals.

"Is what happened in Paris a political breakthrough or is it an ecological disaster? And the short answer is that it's both. It's the best that our leaders have come up with so far and it is still woefully inadequate," Klein said. "So what is good in the deal? The most significant thing in the deal that we need to focus on and which is generally worth sharing is that [the conference] states its goal

SEE FAS, PAGE A4

The pressure to succeed

Guilt, competition and obligation at Hopkins

By KELSEY KO
Staff Writer

Students at highly competitive universities are accustomed to dealing with academic pressure, and Hopkins has a particular culture that promotes the relentless pursuit of a high GPA.

Hopkins students agree that oftentimes peer pressure and a competitive drive play defining roles in their academic lives.

Senior Laura Blachowiak, who is a part of the Study Consulting Group at Hopkins, has heard many students across the years voice concerns about academic pressure as she has helped them develop

time management and testing skills. Through her experiences helping students with their studies, she has found that many struggle academically because of internalized pressure that they place upon themselves.

"I am reluctant to say that the 'Hopkins is cut-throat' stereotype is valid because the competition students experience here is usually as much a result of the pressure they put on themselves as it is the pressure we put on each other," Blachowiak wrote in an email to *The News-Letter*. "The internalized pressure perhaps begins as a pressure from parents to succeed, but I also give

due credit to students as individuals seeking success from their own motivations."

Blachowiak also believes that classes at Hopkins often emphasize success in terms of test scores, which leads to mounting stress and anxiety for students who become fixated on letter grades. She mentions that this is most common in STEM classes.

"The Hopkins culture certainly exacerbates the pressure, often morphing it into an unhealthy form, as students compare themselves to those around them," Blachowiak wrote. "This seems especially prevalent in

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INSIDE THIS ISSUE

2016 Oscar predictions

Check out *The News-Letter's* predictions of who will take home the awards in the hottest categories at the 2016 Oscars. **ARTS, PAGE B3**



One-on-one with the Provost

Learn all about Provost Robert C. Lieberman's motivations for stepping down and returning to the classroom. **NEWS, PAGE A3**

E-Sports in the athletic world

Dev Tucker explores the rise of professional gaming and its role in the world of traditional athleticism. **SPORTS, PAGE B10**

Univ. creates mental health task force

By ABBY BIESMAN
News & Features Editor

The University announced on Tuesday the creation of the Task Force on Mental Health and Well-Being, an initiative to analyze and improve well-being on campus.

"We have a broad view of what this task force is about," Provost Robert C. Lieberman, who announced

the task force with University President Ronald J. Daniels, said. "It's part of an overall emphasis on supporting healthy choices and healthy lives of our students."

The task force will be co-chaired by Dean of Student Life Terry Martinez and Daniele Fallon, chair of the Department of Mental Health at the Bloomberg School of Public Health. Students, faculty and staff will also participate in the task force.

The goal of the task force is to ensure that the university's programs,

policies, and practices regarding student psychological well-being reflect the current state of scientific knowledge and national best practices to meet the diverse needs of our students," the email announcement stated.

The task force will begin meeting in March, and aims to publish a report in December 2016.

Lieberman said that the administration has been discussing ways to improve mental health and well-being on campus. This conversation gained significant momentum this fall after former SGA Executive President Jason

Plush resigned from his post citing mental health difficulties, and the Black Student Union (BSU) advocated for more mental health resources focusing on students of color.

The task force will look at resources offered on campus and determine whether they are meeting student needs, as well as

SEE HEALTH, PAGE A5

Sharing struggles of homelessness

By MORGAN OME
For *The News-Letter*

Hopkins for the Homeless hosted a panel on Tuesday in Charles Commons featuring several Baltimore residents who have experienced homelessness.

James Barnes, George Marsh and Michele Williams, from the advocacy group Faces of Homelessness, spoke at length about their personal difficulties. All three are members of the organization's Speakers' Bureau, which seeks to connect those with homes with those who have faced homelessness.

Barnes described how his path to homelessness began after spending 20 years in prison. After release, the state gave him \$50 and a 30-day supply of diabetes medication. He had no one to contact for help except for a relative, whom he was allowed to



COURTESY OF ALBERT HUANG

Michele Williams, left, spoke about her experience with domestic abuse.

stay with for two weeks. Barnes knew he needed to find a permanent place of residence.

"Here I was, an ex-felon," Barnes said. "I needed a job. I needed medication. How can I establish all of that in two weeks?"

Barnes was unable to find a job and place to live in two weeks and ended up back in prison on a parole violation. After being released again, he took refuge at various homeless shelters but was kicked out frequently for inciting fights. In 2015, Barnes got in touch with social services and was placed into a program that provided him with housing. He stated that he is working on anger management and is in a better place.

"I want to do everything I need to do to get where I want to go," Barnes said. "These programs help me and show

me that in order to succeed, I've got to help myself. I've got to set goals. I'm not going to stop 'til I've achieved my goals."

George Marsh also faced trouble with the law prior to becoming homeless. He abused drugs and alcohol and burned dumpsters, which landed him in prison. Over many years, Marsh had to give up his house and car and continued to go in and out of prison. He did not even realize that he was homeless until one day he had no possessions and no place to live.

His final prison sentence was supposed to last 40 years. However, in prison Marsh began re-educating himself. Because of his commitment to his studies, Marsh obtained his GED and started taking classes at Coppin State University upon release.

"Education is key to

SEE HOMELESS, PAGE A4

Students discuss consent in SARU workshop

By MEAGAN PEOPLES
For The News-Letter

The Sexual Assault Resource Unit (SARU) and Alpha Phi Alpha fraternity co-hosted a talk entitled "Relationship or Not: Let's Talk About Consent" on Thursday. Ashley Hobbs and Sherine Powerful, members of Black Women's Blueprint, a Brooklyn-based social justice organization, led the discussion.

Founded in 2008, Black Women's Blueprint (BWB) tackles child sexual abuse, economic inequality, police brutality and mistreatment of prisoners through policy reformation and historical documentation. BWB also promotes its mission through social activism.

Members attended the trial of convicted rapist Daniel Holtzclaw in January to show support for the survivors of his crimes. BWB also works with local college students, educating them about various human rights issues.

Junior Christine Fei, the event co-chair of SARU, discussed why Hobbs and Powerful were chosen to speak at the event.

"I think Sherine and Ashley are really great speakers," Fei said. "I think this is a conversation that maybe doesn't happen — definitely doesn't happen as often as it needs to on this campus — and especially doesn't happen with women of color or a black woman leading it, which is a pretty big oversight."

The interactive presentation was the first part of a three-part series aimed at college students and designed to increase understanding about consent, in particular through the lens of race and culture.

Hobbs and Powerful began the talk by asking the students to create "community agreements" by which they abide in order to create a safe environment for attendees to share their thoughts. Hobbs said the talk would be different from a normal lecture and that the unusual structure would help students better connect with the concept of consent.

"We designed all of our workshops and trainings to be conversational. We come with our analysis to provide clarity and a

baseline but ultimately we want to facilitate students having their own "Aha!" moments about these topics because us just telling them consent is important won't do it," Hobbs said. "We're providing a safe space for students to process what they're hearing, what they've experienced and what they're learning to come to their own well-informed conclusions and a higher level of consciousness and action."

Hobbs and Powerful then asked students to participate in a group activity. Attendees stood in a line and listened to Hobbs and Powerful read various statements. Students moved from one end of the room to the other depending on whether students agreed with the statements being read.

Using the activity as a tool, a dialogue about consent and the limits of consent was opened up. Students discussed their experiences with consent in relation to their cultural or racial backgrounds.

Hobbs and Powerful discussed the student sexual misconduct

were different because of their cultural backgrounds.

"As a black woman I can speak to the fact that within the black community conversations about sex are generally taboo. And when we're talking about rape and sexual assault, there's always the question of 'What did you do for this to happen to you?'" Hobbs said. "We're getting better in some ways but victim-blaming is still so prevalent and that's one of the things we're pushing back against with our workshops and trainings."

Junior Isis Dwyer thought the event was worthwhile, but more men should have attended.

"I think it was really great... I'm excited we're having this conversation on campus," Dwyer said. "I think that we had a pretty good mix of representation. I wish we had a little more gender representation, but other than that I think we did a pretty good job with who was here."

Dwyer felt the interactive component of the talk helped communicate the message of consent.

"The interactive part of it, just really getting us to talk was more effective than anything they could have said because hearing it come from us and then hearing it reflected in their presentation was really powerful," Dwyer said.

Sophomore Talia Schulder thought the event could have been productive if more viewpoints, especially more controversial ones, had been offered.

"People I know that disagree with a lot of the things said here don't come," Schulder said.

policy at the University of Michigan, which directly address the different struggles faced by women of color in situations of sexual violence. Hobbs said she felt black rape victims

has to be addressed or reconsidered in some fashion because Trump is clearly not the choice of party insiders. He truly is a kind of insurgent candidate — not just in the Republican Party, but also in American politics," he said. "As a populist, he is orthogonal [or statistically independent] to the left-right spectrum and cross cutting that framework. It's not about left right for Trump; it's about politics, or anti-politics for Trump. He's outside of politics, which makes it so hard to accommodate him to our existing theories of politics."

Many students said the event was a success.

"I've been to a lot of IDEAL events," senior Julia Maloof said. "And I found Professor Sheingate's discussion today of consultant finance strategies in promoting candidates really fascinating."

Sophomore Aleena Nair, secretary of IDEAL, agreed.

"I think it was a great turnout," she said. "I personally really enjoyed hearing [Sheingate] talk — he is very knowledgeable on the topic and has done so much research on the matter."

Attendees also had interesting opinions to add about what Trump's candidacy and popularity might mean for America.

"It's definitely interesting to see how America responds to Trump," junior Zack Tipton, vice president of IDEAL JHU, said. "For me, Trump shows the worst side of American ignorance and xenophobia. But it's also interesting to see how the Republican Party reacts to him as a candidate, how the establishment changes towards him or goes against him."

Sophomore Will Yu, head of communications for IDEAL JHU, said he would be dissatisfied if Trump won the GOP nomination.

"What I think Trump's candidacy is really doing is tapping into the dissatisfaction and anxieties of the American public with the existing political system," he said. "If not Trump, then there may be another populist public figure who takes advantage of this anxiety. It takes something like Trump's popularity to remind everyone that there needs to be something done within the establishment to correct these issues."

Originally founded in Tucson, Arizona, IDEAL now has eight running chapters at various institutions, including four universities: University of Virginia, University of Pennsylvania, Swarthmore and Hopkins and at four high schools in Arizona, New York and Idaho.

IDEAL has two upcoming events. On March 1, there is a Super Tuesday Party, co-sponsored by the College Democrats and College Republicans. On March 9, there will be another IDEAL info session, with a discussion on the implications of Justice Scalia's death.

Washington's Mt. Vernon slave history revealed



LEON SANTHAKUMAR/PHOTOGRAPHY EDITOR
Morgan shared that George Washington became a slave owner at 11.

By EMMA ROALSVIG
For The News-Letter

impart," Morgan said. "So by the end of the 18th century, two-thirds of slaves at Mount Vernon had spouses. Even though married slaves formed a majority, a minority of them, just a third, lived in the same household."

Morgan then detailed the process of escape and slaves' resistance to the system.

"In 1786 George Washington contemplated the purchases of six slaves. One essential requirement was that none of them, as he said, 'must be addicted to running away.' 'Slave flight,' he added for emphasis, 'I abominate.' And well he might. In the second half of the 18th century, almost 50 of his and his wife's slaves ran away," Morgan said.

Washington took slave flight seriously and usually adopted harsh actions to curtail it.

"[Later in Washington's life], flight became harder, not easier, for Mount Vernon slaves," Morgan said.

Morgan mentioned two particular instances in which Washington's daily life was closely influenced by the lives of his slaves. He had a large collection of false teeth: some made out of ivory, some human teeth. He would occasionally buy teeth from his slaves for nine shillings a tooth.

"Washington sometimes paid attention to his slave's teeth. Of one African, he noted, 'his teeth straggling and filed sharp.' In contemplating the purchase of slaves, he specified 'good teeth' as a requirement," Morgan said. "And of Caesar [one of his slaves] he said, 'his fore teeth stand out.' And in 1784, he purchased teeth from several unnamed slaves."

Washington also forbade his slaves from owning dogs.

"He was so concerned about the deprivations on his sheep and hogs that he ordered a hostile purge. But he noticed that his slaves were bearing a new set of dogs. So he pronounced that if any slave preserve or bring a dog into the family he should be severely punished and the dog hanged," Morgan said.

Freshman Justin Shapiro enjoyed the lecture.

"As a history major, I always try to attend history discussions above and beyond the required course work. I visited Mount Vernon, and I was curious to hear Professor Morgan's viewpoint. I thought it was an interesting and thought-provoking lecture," Shapiro said.

Freshman Rachel Long also expressed satisfaction with the presentation.

"It was extremely enlightening," she wrote in an email to The News-Letter. "I... respected that he put the emphasis on the slaves, and not on George Washington himself."



LEON SANTHAKUMAR/PHOTOGRAPHY EDITOR
Representatives of Black Women's Blueprint based in Brooklyn led the discussion.

IDEAL analyzes presidential campaign financing

By SHERRY KIM
For The News-Letter

Adam Sheingate, associate professor and chair of political science at Hopkins, led a discussion session on the current presidential primary season on Wednesday. The Hopkins chapter of IDEAL (Inform, Discuss, Enlighten, Acknowledge, Learn) hosted the event.

Sheingate started off the session by analyzing the current presidential race through the lens of campaign financing and media consulting. Based on data research he had done for his most recent book, *Building a Business of Politics: The Rise of Political Consulting and the Transformation of American Democracy*, he presented a breakdown of how each candidate distributed their campaign finances, along with which media consulting firms candidates selected as their representation. By thinking about politics as a business in itself, especially in the consulting industry, he shed new light on the presidential primary system.

"Let's look at the campaign, not only from the perspective of the candidates and what they perceive to be the strategic landscape, or parties what they perceive to be the strategic landscape," Sheingate said. "Let's focus on the businesses that make money from the campaign, and what their incentives are, and how their incentives are partly driving the decisions that candidates make. There's

an iron law of American politics: the consultant always wins. It's a great business."

As the discussion evolved into a more detailed examination of the current presidential candidates and their respective campaigns, the topic of Donald Trump's campaign arose.

"The problem with this election is that nobody accounted for Trump," Sheingate said. "Looking at his campaign finances, he barely spends any money on media advertising. He just gets his message out, and it feeds the machine, whereas all these other candidates are banging their heads against the wall just trying to get traction and get their message out."

Discussion ensued among participants and Professor Sheingate about the possibility of Trump's candidacy and nomination, along with those of other candidates.

"[Florida Sen. Marco Rubio and [former Sec. of State Hillary] Clinton have got significant leads in the endorsements, and if past political experiences are predictive, then we would say that Rubio and Clinton are the most likely nominees," Sheingate said.

Sheingate said that Trump exists outside of the current political spectrum.

"We're thinking about probabilities here, and projections are not very good this far ahead. But if Trump wins the nomination, that suggests that this theory

has to be addressed or reconsidered in some fashion because Trump is clearly not the choice of party insiders. He truly is a kind of insurgent candidate — not just in the Republican Party, but also in American politics," he said. "As a populist, he is orthogonal [or statistically independent] to the left-right spectrum and cross cutting that framework. It's not about left right for Trump; it's about politics, or anti-politics for Trump. He's outside of politics, which makes it so hard to accommodate him to our existing theories of politics."

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Provost stepping down to research inequality and race in Baltimore



HOMEWOOD PHOTOGRAPHY/CC BY-3.0
Lieberman served as Provost for close to three years.

By JACQUI NEBER

News & Features Editor

Provost Robert C. Lieberman will be leaving his position in June and assuming a professorship in the Department of Political Science in the Krieger School of Arts and Sciences.

He discussed his excitement to return to academia. Before coming to Hopkins, he had served as a faculty member for thirteen years at Columbia University before becoming a department chair in 2007 and vice dean for academic affairs in 2009.

"One of those things you really give up is being in the classroom, your research life... so it's a trade-off you make, and I'm excited to be going back," he said. "I have a lot of developments in my field to get current on; I have a lot of books to read. I'll use that time to really plot out a research program for going forward."

He further discussed his plans to move forward with his research. After working as a provost for three years, he will be picking up many projects he had already started looking into while at Columbia.

"I'll be involved in a big, comprehensive research program on racial inequality and the history and policy implications of that here in Baltimore," he said. "And that allows me to pick up a number of threads of my scholarly life, which is where I really focused on understanding the challenges of racial inequality in the modern world."

His position as provost made it difficult for Lieberman to address and respond to certain issues over the past months, especially pertaining to race in Baltimore. The death of Freddie Gray last year, which led to both peaceful and violent protests throughout Baltimore, contributed to what spurred Lieberman's decision to return to teaching and research.

"In the last nine months since the arrest of Freddie Gray and the unrest and the issues that exposed here in Baltimore... I felt a little bit more of a tug back to my research life since that's what I've devoted my scholarly career to: The understanding of the dynamics of race and power in American politics," Lieberman said. "It's really been since last spring... it's been frustrating for me to be here in Baltimore at a great university with all the intellectual resources around and have this playing out in front of me and just not have time and attention to devote to it the way I've been trained to do."

Lieberman reflected on his time as provost, commenting on initiatives he considered to be his biggest accomplishments.

"A couple things that I've been most proud of... one is the Bloomberg Distinguished Professor

program. This is one of the things that attracted me to come here and take this job at Hopkins. I arrived just as that gift had been announced and that program

was being launched," he said. "And what we've done is to hire now about 20 great faculty members who are all appointed in more than one school in the University, who span fields and who are outstanding people. [This] just raised the level of the faculty, [and] has brought new excitement and new ideas."

At the end of the five year program, Hopkins will have appointed the full roster of 50 Bloomberg Distinguished Professors across the University. Lieberman also elaborated on how he has addressed the issue of diversity at Hopkins across faculty and students, a concern that bloomed especially after November's Black Student Union (BSU) protest.

"Another thing we've been spending a lot of time on is the issue of diversity, especially starting with the faculty, which is really the linchpin of the issue of diversity in the University. Over the course of last year we did a very comprehensive look at the diversity profile of the faculty across the University. We've been compiling data and doing presentations about that and built the faculty diversity initiative that we launched in the fall," he said. "It's a \$25 million initiative to really promote better practices for finding the most outstanding faculty, broadening and deepening the pools of people that we look to when hiring faculty, providing support for schools and departments to hire faculty members who enhance the diversity of the University and, most crucially, creating an atmosphere and a climate and an environment here at Hopkins where every faculty member from every background has an opportunity to thrive and succeed."

He emphasized that creating a positive environment for all faculty will increase the quality of education at Hopkins.

"[We want to] make everyone feel welcome and make everyone feel like they're a part of the University community and then they'll have their best chance to do the kind of work and the teaching that is going to make them valuable members of the community and make us want to keep them over the long term. So I'm really proud of the progress we've made on faculty diversity particularly," he said. "Over the past year we've been engaged in a set of much broader conversations including, crucially, the conversation sparked by the BSU in the fall; Not just faculty diversity issues but a whole range of issues about the climate at the University, about the climate on campus, about how we can make the value of diversity really an embedded part of the University."

For Lieberman and his office, improving the ra-

cial climate at Hopkins is not purely a response to last fall's BSU protest. It has been an ongoing effort that will continue beyond his tenure as provost.

"This is not just a response to the events of the fall, it's something that we've been very committed to, so I'm proud of the work we've done," he said. "There's a lot more that we need to do. I know people in this office will keep going after I move back across campus."

After Lieberman returns to teaching he ensures his office will continue working to hire new professors in the most fair way possible. They've had certain processes in place already to ensure the hiring process is equitable.

Lieberman spoke of the overwhelming culture of tension and resolution at Hopkins, which he

described as cyclic in nature and comparable to that of peer institutions across the country. However, he is ultimately confident that the University will be able to change how students feel about their administration and increase everyone's comfort level on campus.

"We've begun to change the culture and habits of the University: something both [BSU President] Matt Brown and President Daniels noted in their opening

comments was the episodic nature of these convos at Hopkins. Every 10-12 years or so, there's protests, people raise a set of issues about lack of progress, there's some episodic progress and then things dissipate until the next round of activity," he said. "So we're really focused on trying to break that cycle... changing the fabric of the way we think about hiring faculty, the curriculum, the kinds of community we have on campus."



LEON SANTHAKUMAR/PHOTOGRAPHY EDITOR
Lieberman mentioned the BSU's protest in November as a motivator for his decision.

BME grad shares experience running start-ups

By CINDY YUAN
For The News-Letter

David Narrow, a BME CBID (Center for Bloomberg Innovation and Design) alumnus, shared his experiences with entrepreneurship startups on Wednesday as a part of the BME EDGE (Extramural Development in Graduate Education) Speaker Series.

Narrow graduated from the University of Rochester with Highest Distinction in BME as an undergraduate and pursued his graduate degree at Hopkins. During his time at Rochester he founded MonoMomo Cycling, a company that produces adaptive cycling equipment for stroke survivors and other people with physical limitations. Narrow worked in health care consulting in Boston for approximately a year. He is also the CEO of Sonavex, a company that uses ultrasound to detect blood clots in patients after tissue transplants. Narrow was recently named one of the "30 under 30" in the healthcare industry by *Forbes* magazine.

Narrow's entrepreneurship is tightly linked to his education. The inspiration for MonoMomo Cycling came from working on his senior design project and receiving feedback from physically limited patients, who had used special cycling equipment.

"What I found to be really exciting about doing BME-related adventures is that you get to have an impact on people's lives," Narrow said. "We get pictures and testimonies from my customers. This guy sent us an email saying he rode 22 miles on our trike, missing an arm. It makes me feel bad because I can't even ride 22 miles on a bike. This type of feedback is what really keeps me going."

Experience at Johns Hopkins CBID further assisted Narrow in his engineering business startup.

"At CBID we got a real taste of what it means to start on a greater magnitude, what a real business is," he said.

Starting companies from scratch is a challenging process, but Narrow loves his work. BME-relat-

ed business combines all three of his career interests — engineering, medicine and business. Multidisciplinary problem solving, room for freedom and creativity and the fact that no two days are the same keep him excited.

Narrow also shared with students the lessons he has learned from experience. Technology is important, he said, but only a small portion of his business.

He emphasized that finances are an important part of every business. EchoSure, the technology developed by his company Sonavex, could not have reached its full potential

without

the help of

\$1.1 billion

raised over

the years.

"Your job

as a CEO is

not really

operational,

but to make

sure that

you are fi-

nancially

viable,"

Narrow

said. "That's

the number one priority."

Human resources is another crucial part of running a successful startup. Though technology is indispensable, it is more important to hire people who have expertise in that specific field. With the help from an experienced advisory team, Narrow and his colleagues were able to convert ideas into small business.

"What I learned the most about this experience is not necessarily about ultrasound or about technology or clinical application, which is what I thought I will be really spending my time on," Narrow said. "We are engineers. We don't have manufacturing capability. We don't have sales and marketing capability. We don't really have regulatory expertise. You need to make sure that other people are interested in working with you to help you meet your goals. And it's very challenging to find groups not only have the technical qualities you need but also care about

your business."

For students who are thinking about starting their own business but don't have a clear goal in mind, Narrow suggested they should find inspiration from interacting with others.

"If you don't have an idea, it's all about hanging out with people who have similar interests and goals. Make it fun," he said. "Try to use your social time to connect with people with similar interests because you never know when an idea is going to pop up. It's tough to be just lying in bed and have the 'aha' moment."

Narrow also stressed the ability to present ideas to customers. Work experience in consulting taught him how to present to a senior management audience. A good presentation, Narrow said, should show

why customers would want a product for financial reasons, what the business model is like and how investors can benefit.

Entrepreneurs should have a clear pathway to have their products approved from a regulatory perspective. According to Narrow, complicated concepts should be presented simply.

Narrow also mentioned that entrepreneurs should carefully protect their intellectual property.

"Intellectual property is really important. You need to make sure that you can prevent other people from doing what you are doing. It's typically a multi-faceted approach. You can't rely on one pattern and think it's going to be sufficient," he said. "Finding a lot of different patterns to protect different pieces of your technology ends up being the best way to go."

According to Narrow, appropriate attitudes greatly aid entrepreneurship. He thinks people should be confident, filter the advice they get and be open to changing designs.

Entrepreneurs should aim big, Narrow said, but also appreciate every little victory.

"Since it's such a long process, you gotta enjoy the small victories. Celebrate, be happy, and take a small break because life gets really stressful if you don't," he said.

Narrow emphasized to find a balance between work and life.

"You are never done with anything, ever," he said. "Having a separate life that you can actually pursue your interest and be social and not let people talk to you about your company all the time is not easy but important."

BME faculty members, including professor Nicholas Durr from BME CBID, praised Narrow's discussion.

"David has a really unique story. A lot of students are interested in doing something similar for their career after Hopkins. For students to see someone that has recently successfully moved from a degree at Hopkins to starting a company based on what he studied here is inspiring," Durr said. "It gets people thinking they can actually do it themselves and thinking about what skills they would need and milestones they need to achieve to set things up, so they can have the opportunity. And for me, it's really exciting to see someone materialize what he worked on in a course."

Durr lamented the event's low turnout.

"It was disappointing how few people were there," Durr said. "There was about only 15 people. Within the CBID program we have about 22 master students and over 110 undergraduates that are working on projects like what David did when he was here. I think all of them would be interested in the topic he was going over. So it was a failure on our part for not advertising it better and not maybe finding a time that works better for students. I wished that I should have brought it up in class so all of my students would know what a fantastic opportunity it is to listen to him speak."

NEWS & FEATURES

Naomi Klein calls for strong climate action



LEON SANTHAKUMAR/PHOTOGRAPHY EDITOR

Climate activist and writer Naomi Klein praised local Baltimore activists at FAS.

FAS FROM A1

[is] keeping the globe from warming above two degrees Celsius or even 1.5, and that was the most significant thing that came out... Here's the bad news: the same leaders who set those goals simultaneously and openly declared that they were unwilling to do the things necessary to achieve those goals."

Klein said that the COP21 deal would be a disaster in the making, even if it were binding.

"Essentially what we have is a pretty good definition of safety coupled with a concrete plan for disaster," Klein said. "We have political leaders who have said we know what we need to be doing, and we are willing to do roughly half that."

Following this, Klein brought up the notion of "shock doctrine" in the context of Hurricane Katrina. She argued that after the devastation of the storm, the lack of spending on public infrastructure allowed self-seeking private interests to ingrain themselves in New Orleans.

"So you had the heavy

weather which you are going to see more with climate change and the legacy of four decades of neglect by the public sphere," Klein said. "After the initial shock of the storm came what I called the 'shock doctrine.' So the post-Katrina disaster plan was simple: Do away with the public sphere altogether, even though the failure of the public sphere is precisely what exacerbated the crisis."

For the rest of the talk, Klein spoke about a variety of environmental issues such as the decline of the Canadian tar sands, fracking, the harm of free trade agreements and the Flint, Mich. water crisis. She tied them all to other social issues such as racism and discrimination against indigenous peoples.

Klein said issues of race, class, gender and ethnicity, among others, intersect and build upon each other. She implored like-minded groups to work together to address multifaceted problems around the world.

Klein also referenced several movements heading in the right direction

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Klein also referenced several movements heading in the right direction

to promote sustainability.

She discussed the protests against the construction of an incinerator in Curtis Bay, Md. by the group Free Your Voice, which was present at the FAS event.

Klein also spoke about her own project, The Leap, which aims to provide positive solutions to Canada's most pressing problems.

"[Leap] came out of a process of trying to articulate what our 'yes [policy]' looked like. So we hosted a gathering in Toronto with a group of leaders... and we let ourselves dream of the economy that we wanted. Instead of saying 'no, no, no, this is what we don't want' we asked 'what do we want?'" Klein said. "So the centerpiece of the [Leap manifesto] is about shifting from a culture of endless talking to a culture of caretaking, from extraction to a culture of care for each other and the planet."

She ended her talk with a call for environmental activism.

"Although many establishment politicians fear change, people are hungry for it. At this late hour with so much to lose and so much to gain, now is not the time for small steps," she said. "Now is the time for boldness. Now is the time to leap."

Hopkins students responded positively to the event, citing the skill of Klein as a speaker as well as the interesting content discussed.

In the question-and-answer session after the talk, Klein answered questions on a range of issues like veganism in the context of sustainability, the future of nuclear energy and technologies, and the role of free markets in promoting sustainability.

FAS member Hansel Romero described the event as a success.

"We expected a much smaller turnout than that of Edward Snowden, and we got just about exactly what we had hoped for, a few hundred people, and everything went well tech-wise," Romero said. "I think that Naomi Klein gave a very riveting talk and that it engaged the community just how we had wanted it to."

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"I thought it was extremely great. FAS always puts on amazing discussions, and I think that it should almost be a required part of the curriculum," senior Bryan Ricciardi said. "I thought it was very informative, and it connected a lot of disparate issues, and it was delivered in a very eloquent way."

Executive President of SGA Jack Bartholet said he appreciated that FAS invited Klein to campus.

"I actually wrote a bunch of papers on Ms. Klein, which is exciting. I agree with a lot of what she has to say, and I think it is fascinating, her take on intersectionality, in particular," Bartholet said. "I think it was great that FAS brought her here, and I was really excited for it."

JHUMUNC hosts 1,600 Model UN delegates

By CLAIRE FOX

Staff Writer

The 19th annual Johns Hopkins University Model United Nations Conference (JHUMUNC) took place from Thursday to Sunday in the Hilton Baltimore and welcomed approximately 1,600 high school students.

Hosted by a staff of over 140 undergraduates, attending students represented over 100 high schools across the country and participated in a weekend of debate in one of 30 committees.

"We saw a lot of good cooperation and people standing up for what they believed in."

— LILLY SU,
JHUMUNC STAFFER

debate that consistently keeps the delegates on their toes."

Sophomore Lilly Su, a staffer for the Disarmament and International Security Committee (DISC), spoke about her favorite moment of debate at the conference.

"One of the topics was border and security, and some delegates drafted a resolution that would eliminate all borders in the world except one built around Saudi Arabia that was made of gold, diamonds and steel," she said. "It was ridiculous but they did have some pretty convincing reasoning for that and, as a result, this resolution passed with an overwhelming majority."

In addition to committee sessions, the conference also featured a keynote address from John McLaughlin, the former acting director and deputy director of the United States Central Intelligence Agency (CIA), who spoke at the conference's opening ceremonies to the assembled delegates and advisors.

Students also had the opportunity to attend social events, including an ice-cream social at which a band from Peabody performed, a movie screening, a Delegate Dance and a tour of Camden Yards. Delegates were also given the opportunity to tour the Homewood campus and attend an admissions information session.

Even though the weekend consisted of a very time-consuming schedule for the Hopkins staff members, all of the work put in was well worth it, Su said.

"I think the thing that stood out the most to me in JHUMUNC is how it really brings a group of people who don't have anything in common together," she said. "We saw a lot of good cooperation and people standing up for what they believed in during the conference."

Overall the JHUMUNC staff was pleased with the delegates' performances this year, even if some could be frustrating sometimes. Cowit said that the event was a success.

"The conference went really well this year. We got such great feedback from both the delegates and their advisors, all of whom seemed to really enjoy the entire experience," he said. "Julia and I are both so proud of our staff for putting in all the time and effort to make this conference the best it could be."

Panel discusses cyclical nature of homelessness

HOMELESS FROM A1

power," Marsh said. "Power is key to understanding and unlocking your mind. I have learned that I can help other people. I can educate them and lift them up."

Michele Williams recounted the many abusive relationships that led to her isolation and homelessness. Williams married and had children at a young age, obtained her GED and graduated from Morgan State University. Unable to stay with her abusive husband, Williams left Maryland and moved to Connecticut with a new husband.

Her second husband turned out to be equally as violent. After being beaten with a baseball bat and left for dead, Williams escaped and returned to Baltimore. She became addicted to drugs but found a solid job through a man who she thought was a good match and a kind person. However, he ended up almost killing Williams out of jealous rage.

"It was my grandson's birthday. The man comes and knocks on the door and asks me to come into the hall to talk to me. I went out there but didn't think, 'Why does this man have a trench coat on when it's warm outside?' I'd come to find he had a carving knife hidden in the sleeve," Williams said. "He said,



COURTESY OF ALBERT HUANG

Those experiencing homelessness often have a difficult time finding jobs and new places to live.

"Wow, [how] come you don't want to be with me?" I said, 'What are you talking about? I'm getting ready for a birthday. Come talk to me later.' When I went to go back inside, he stabbed me."

Williams awoke from a coma with 177 stitches. She fled Maryland because she was afraid that the man's family would come after her. She went to Tennessee and Georgia, abused drugs again and served two years in prison. Williams later returned to Maryland and began living in shelters. She described the horrors of shelter life: thieves, rats and bugs everywhere. After months, Williams was able to secure a permanent place of residence.

"I finally got my place, and I've been staying there," Williams said. "Now I do advocacy for homeless people. I try to

help them get into housing and find shelters."

Sophomore Natalie Crow, who serves as the secretary of Hopkins for the Homeless, appreciated the sincerity of the speakers' testimonies.

"To hear their accounts firsthand of what they've gone through and to put a face on homelessness helps the issue of homelessness resonate with people," Crow said. "It's a kind of transformative experience to see what they've gone through and what they've overcome. I hope that people learn that you can overcome [homelessness] and how pervasive it is in our society."

Vice President of Hopkins for the Homeless Grace Baek explained the purpose of the panel.

"One of the goals of our organization is to show people what homelessness is actually about and take away the stigma

of homelessness," Baek said. "This was one of the big events of the semester to raise awareness."

Students, like freshman Bryan Li, reacted positively to the speakers' panel. He said that he learned more about what it means to be homeless.

"From these accounts, I learned that sometimes homelessness is a phenomenon that's not the result of a person's actions but the circumstances that they were presented with," Li wrote in an email to *The News-Letter*. "Homelessness also stems not only from lacking shelter but the ability to rely on others for help and support in times of need. I had some idea of what it might be like to be homeless but the panel opened up my eyes to the severity of events that plague people's lives to force them into homelessness."



COURTESY OF ANDREAS CHAI

Committees debated the global migrant crisis and women's health.

Constant work culture stresses students



Some students said STEM majors, in particular, create competitive and divisive work environments.

WORK, FROM A1

science and engineering classes, in which professors have little to no care about effort or understanding, but instead focus on impossible exams and aggregation of points. In classes where exams dominate, comparison is obviously easier."

Sophomore Lily Kairis echoed Blachowiak's belief that Hopkins students oftentimes create internal competition within themselves. Kairis also spoke about how when her peers are studying or doing work, she often feels that she must keep up with them for fear of falling behind.

"I feel like I always know when people are in the library, and that gives me pressure to be in the library with them," Kairis said. "But I feel like a lot of people are mostly competitive with themselves, like they have an expectation that they should be working hard. Like at least for me, if I'm slacking around all day and not being very productive, I'll have this voice inside my head that says, 'You could've been doing work in this time.'"

Kairis also feels that

at Hopkins, students are highly success and result-oriented and, therefore, more prone to high levels of stress.

"I think there's an idea that you have to build up your résumé, the number of things you're doing, whereas it could be so much more effective if we just focused in on learning for the sake of learning and learning about what we're passionate about — and I feel like that's less of a priority than the grades and the number of credits that you're taking," Kairis said.

Freshman Joshua Postadan also agrees that when people either mention that they are going to the library or talk about long study sessions, he feels guilty and worries that he is not working as hard as his peers.

"I feel that a lot of people do go to Brody and stuff and say, 'Yeah, I'm like in Brody all night.' And then you feel like you have to work that hard. We're at Hopkins and a lot of people are competitive and very serious about school," Postadan said.

Blachowiak believes that this type of pressure is compounded even more when combined

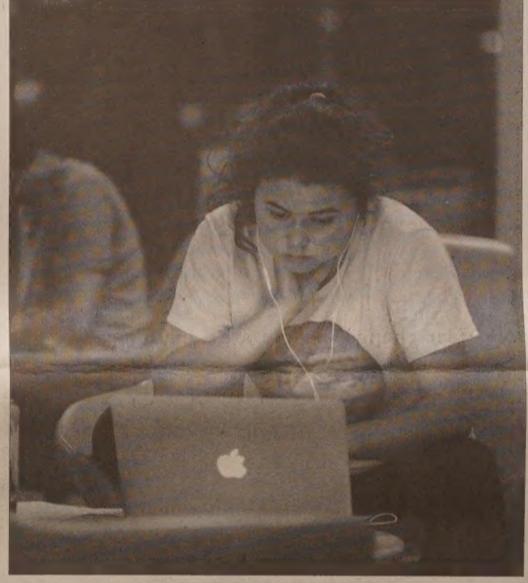
with the struggles that students face juggling extracurriculars and doing work in a timely manner.

"Most students struggle with time management and procrastination. Everyone here is here because they are intelligent and can work hard and are all capable of handling the work. Academic issues often occur when students put off their work either

because they're tired, uninterested, committed to too many extracurriculars or overwhelmed by the workload," Blachowiak wrote. "The stress Hopkins students often feel is often not always because of academic difficulties, but rather because of the combination of pressures from academics, families, clubs, sports and/or other extracurriculars."

Junior Oludunsin Samuel-Ojo feels that often times, these internal and external pressures cause him to have to make sacrifices in his everyday life and prioritize certain things to be more important than others. Overall, students seem to believe that they are being pulled in multiple directions by their professors, their peers, their activities and everyday needs.

"You have to make sacrifices," Samuel-Ojo said. "There's that triangle where you have your school work, social life and sleep. It's hard to juggle all three of those successfully."



FILE PHOTO
Students reported feeling stressed when they see others studying,

Court of Appeals postpones five Freddie Gray trials

By CATHERINE PALMER
News & Features Editor

The Maryland Court of Appeals, the highest court in the state, has now postponed the trials of five Baltimore Police Department (BPD) officers implicated in the death of Freddie Gray while it decides whether the sixth

officer implicated can be compelled to testify against them. The decision came Thursday, four days before the next trial was scheduled to start.

The Gray case became wrapped up in appeals following the mistrial of Officer William Porter in December. Prosecutors had planned to use Porter as a witness against Ser-

geant Alicia White and Officer Caesar Goodson, Jr., the driver of the van that transported Gray to the Western District Police Station, and purposefully tried him first, so he could testify without fear of self-incrimination.

After his mistrial, Porter pleaded the Fifth Amendment to avoid incriminating himself in

testimony against Goodson, whose trial was scheduled to start Jan. 6.

Prosecutors motioned for Porter to be compelled to testify with limited immunity, which Circuit Court Judge Barry Williams granted. Porter's attorneys then turned to the Maryland Court of Special Appeals, which chose to postpone Goodson's trial in order to make a decision.

Williams postponed White's trial, which was scheduled to start Jan. 25, in response.

Prosecutors also motioned for Porter to be compelled to testify against Lieutenant Brian Rice and Officers Edward Nero and Garrett Miller. Circuit Court Judge Williams denied that motion, stating that he believed the prosecution was simply trying to delay the trials.

Prosecutors subsequently turned to the Court of Appeals, which has now delayed the trials while it makes a decision.

Oral arguments in the appeals case are scheduled to begin March 3.

Gray, 25, died of a severe spinal cord injury in April, one week after being arrested by BPD officers. His death sparked over a week of both peaceful and violent protest.

Task force to explore campus mental health

HEALTH, FROM A1
locate other places where mental health can be improved and evaluate the environment on campus.

"How do we best understand what the sources of stress are and what can we do to alleviate those sources? We can't make your problem sets any easier," Lieberman said.

The ultimate goal is to create an implementable set of plans to fight for better mental health support on campus.

"This is Johns Hopkins, and we are as a University devoted to mobilizing understanding and knowledge and expertise to solve problems," Lieberman said. "So we're gonna use our own native expertise to help drive the task force."

Lieberman recognized the intensity of the competition at Hopkins.

"This is an intense place, like our peer institutions. The students and faculty are not here because they want to have a relaxing time. We're about serious things. People work hard. People worked hard to get here. They're ambitious," Lieberman said.

He emphasized the need to prevent students from becoming overwhelmed.

"We want to make sure that we have support in place so people are able to work their way through the intensity, to achieve their goals without having their lives completely overtaken," he said. "And that's a challenge. And there's no one on this campus who hasn't had moments of challenge. We want this to be a place where people can manage their work lives with other aspects of their lives. All of those things are on the table for this. If we're driving people to the Counseling Center, we haven't done half our job, which is to help people cope with the demands of being a Hopkins student."

Jack Bartholet, executive president of the Student Government Association (SGA), discussed SGA's integral involvement in creating the task force.

"Mental health is a topic that's been really important to the SGA throughout the course of this year and in general," Bartholet said. "Obviously, when our president [Jason Plush] stepped down for mental health reasons, that was a big wake-up call to us."

Bartholet stressed the need to eliminate the stigma that seeking help for mental health struggles can bring.

"We had noticed that many, many students at this campus feel extraordinarily stressed. Many utilize the Counseling Center services," he said. "Many feel almost a sense of stigma in utilizing counseling services."

Bartholet mentioned several factors affecting stress levels on campus, including the academic calendar, financial aid, class scheduling and grade deflation. Bartholet feels that the University has only provided resources for individual cases rather than trying to address the systemic, structural problems.

"We wanted to make sure that when we raise

these concerns, it doesn't fall on deaf ears, and they don't say we need to add more counselors... We need to add more money," Bartholet said.

As the SGA was thinking about how to approach mental health and well-being on campus, so was Martinez.

"I don't want it to seem like the SGA woke the administration up," Bartholet said.

Lieberman also addressed the discussion between the SGA and the administration. He mentioned Plush's decision to step down. Lieberman said that Plush's action was a courageous public declaration that propelled mental health into the public spotlight.

A initial concern SGA had about the task force was its University-wide mandate.

"There's a stark contrast between a third year medical student and a freshman arts and science student," he said.

The administration has tried to assuage these concerns by ensuring that each group would be carefully considered.

Bartholet said that SGA was ready to address mental health on campus more aggressively.

"The people on SGA are really excited. The people who were privy to the knowledge beforehand are excited... I think students are generally very excited to see the administration and SGA engaging on the topic of mental health," he said.

Sophomore Serena Frechter gave her opinion on the formation of the task force.

"I think it's good that they're doing it, but I also question how useful task forces are going to be," Frechter said. "And it also seems that it's kind of late in the game to be doing it."

Sophomore Lindsey Cohen wrote about the state of mental health on campus.

"I'd say that overall it is the norm here to be stressed out... and sometimes when a student has a down week because everyone else is stressed, students think they should be doing more," Cohen wrote in an email to *The News-Letter*. "So, on a whole, mental health on campus is quite poor and it's perpetuated by everyone on campus."

Plush reflected on the task force in the wake of his stepping down as SGA executive president.

"I'm excited that the Mental Health Task Force is finally being formed. I know that the SGA has been hard at work finding potential candidates to serve on the task force. The task force is an initiative that we started working on before I stepped down in October and it's wonderful to see that it's finally coming to fruition," he wrote in an email to *The News-Letter*.

"I look forward to seeing what the task force can accomplish. Mental health is a tremendous issue affecting students across all college campuses and it is my hope that the establishment of this Task Force is the start of a more positive trend at Hopkins in helping students find and receive the necessary help to deal with these issues."

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NEWS & FEATURES

Dining staff supports students, creates welcoming atmosphere



COURTESY OF ROLLIN HU

Janice Walker and Ruth Kelly appreciate interacting with students at the FFC where they work.

By ROLLIN HU
Staff Writer

Dining staff at Hopkins work every day through the cold, snow, heat and rain to serve students. To allow the students to get to know these dedicated people a little better, *The News-Letter* interviewed some of the staff about their thoughts and experiences working at Hopkins.

At the Fresh Food Café (FFC), Janice Walker reflected upon her time working in Hopkins dining and getting to know the Hopkins students.

"For me personally, I get along with the students. I'm out here, I get more contact with the students than the people who work behind the scenes in the back," Walker said. "Because I work the register, some of them I know by name; some of them, I've met their parents."

Walker described an in-

stance where she built a relationship with a student.

"Some of them know us by name, and some of them come in here looking for us, too, because we just sit and talk with them, and they talk with us. I had a student come here one year, and her first year was kind of rough," Walker said. "She wrote me a nice card telling me that she was glad that I was here be-

cause I helped her decide to stay here, and I was really surprised when she wrote me a real nice letter."

Walker explained why students are so important to her job.

"It's all about them anyway. Because if they

didn't come here, we'd have no job," Walker said.

She also spoke of Bon Appétit's role in the providing dining services.

"It's not all about Bon Appétit, it's about the people who have worked here. Because... we can run this building practically by ourselves. All we need are their equipment and supplies to do it," Walker said.

Because I helped her decide to stay here, and I was really surprised when she wrote me a real nice letter."

Walker explained why students are so important to her job.

"It's all about them anyway. Because if they

adjust. I don't care what company it is or what's going on — you adjust to the situation and me myself, I adjust. It's a job," Kelly said. "You make your job hard? No, you make your job easy, that's what you do. You come in and you know exactly what you're supposed to do. And that's what you do. You accommodate the kids. Always remember, it's not what you do, it's the way you do it."

At the Bamboo Café, Daniel Lopez spoke of the importance of creating a comfortable environment for the students.

"Working here at Bamboo Café, it's kind of carefree and very attuned to the customer's needs," Lopez said. "I don't know about the other dining facilities on campus but... here, the customer's experience is paramount. So if there's a customer who needs something while they're sitting down and we notice it, we'll act on that need and we'll try to facilitate it as best we can. We try to make it kind of a family-type environment here so that customers are actually given an importance."

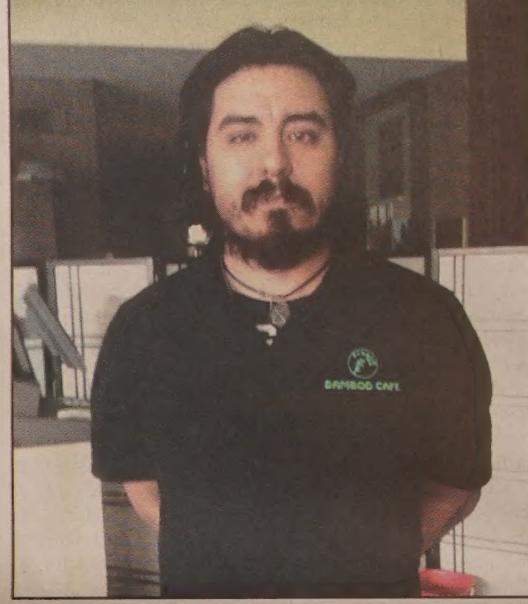
He also stressed the benefit of forming a connection with students.

"As a cashier you appreciate smiles; you appreciate positive interaction between cashier and customer. Just positive interactions really help out the cashier," Lopez said. "It's just these little bits and pieces you get to learn about the stu-

dents that come into the café. I think that's really the most rewarding part about the work. There's something about feeding a whole bunch of people; it's just rewarding."

Lopez agreed with Walker's appraisal.

"It's a stressful environment here at Johns Hopkins University," he said. "I think that there are some really terse interactions you get sometimes and again, as a cashier you just really try to think 'Oh, maybe they're having a bad day. Maybe they're going through something stressful in their lives right now,' because you don't know what things people are bringing with them when they're entering the café. So you've got to be accommodating to that."

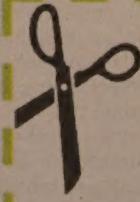
COURTESY OF ROLLIN HU
Daniel Lopez likes to connect with students at the Bamboo Café.

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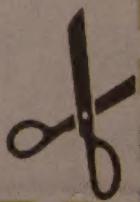
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FRESHMEN ROOM SELECTION

Please join us for the Freshmen Housing Process Informational Sessions:

Thursday, February 25th @ 6:00pm - AMR I Multipurpose Room

Monday, February 29th @ 6:00pm – AMR I Multipurpose Room

Get all the information you need regarding your living accommodations for the 2016-2017 academic year. Housing will be presenting information on the Online Freshmen Room Selection Process.

Looking forward to seeing you there!

Questions or Concerns? Email confirmation@hd.jhu.edu

IMPORTANT DATES

Thursday, February 25th | 6:00pm - 7:00pm
Online Freshman Room Selection Process
Information Session - AMR I MPR

Thursday, February 25th | 7:00pm - 8:00pm
Meet Your Match: Roommate Edition AMR I
Reading Room

Friday, February 26th | 12:00pm - 2:00pm
Freshmen Housing Info. Booth -
Fresh Food Cafe'

Monday, February 29th | 6:00pm - 7:00pm
Online Freshman Room Selection Process
Information Session - AMR I MPR

Tuesday, March 1st @10:00am-
Sunday, March 6th @ 11:59pm
Freshmen Room Selection Housing Application.
Apply online:
<https://jhu.starrezhousing.com/StarRezPortal/>

Friday, March 4th | 5:30pm - 7:30pm
Freshmen Housing Info. Booth – Nolan's

Monday, March 7th | 5:00pm
Commuter Exemption forms signed by parent
and returned to 103 Wolman Hall by 5:00pm.

Wednesday, March 9th | 5:00pm
Room Selection Time Slot Notification
distributed via email by 5:00pm

**Thursday, March 10th | 6:00pm, 7:00pm, &
8:00pm**
“Choosing Your Space” –Student Housing Portal
Demo AMRI MPR

Monday 3/21, Tuesday 3/22, & Thursday, 3/24
Online Freshmen Room Selection Process.
Choosing time based on time slot notification



CLASS OF 2019



For more Info, visit: http://home_at_hopkins.jhu.edu

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After death, the world keeps spinning



Gillian Lelchuk
Sophomoronic

Death is a weird thing. Someone is alive and walking around and talking and having fun and making people smile and staying positive through the worst, then all of a sudden they're not. All of a sudden they're just gone.

Maybe it's not sudden. Maybe they've been sick for a while and you always knew this was going to happen, but it still hits you harder than you expect it to. Maybe that person was a big part of your life, or maybe they were just a small piece, but they mattered. They made a difference. Their presence changed something in your life, whether it was a minuscule detail or a giant cluster of moments that would never have happened if you hadn't known them.

It's hard to watch the world keep spinning for everyone else when your life has such a hole in it and such a bright light has gone out. You still have classes and meetings, work and extracurriculars, but nothing is really the same.

Everything else seems so small and so trivial. Why should you do your readings when someone is entirely gone from this life? How are you supposed to keep up with everything still moving when all you want is to stay in the past when that person was still a part of your life.

There's a quote I grew up hearing that was always applied to the last day of summer camp when everyone cried about leaving their favorite place in the world. But I think it's pretty applicable to this situation even if it's cheesy.

Thanks for being a part of my life, a part of so many lives. This one's for you Chris Cosby.

"Don't cry because it's over, smile because it hap-

pened." Dr. Seuss said that in his infinite wisdom. The advice is there: Don't cry about death, smile about life.

Celebrate that person's gigantic smile and the way he filled any room. Celebrate his passions for song, dance and technical theater. Celebrate the Fourth of July at the beach where you went to his house late past midnight afterwards and just talked and giggled about the Big Ben Twitter account.

Celebrate all the days you drove him home from school because it was too hot to walk, or because it was raining, when he told you about his girlfriend at the time and how she was being unreasonable, so you knocked some sense into him because that girl absolutely deserved a response to that question.

Celebrate the last time you saw him at your birthday party the summer before college, when he showed up way too overdressed because he was going to a different party after, and he didn't smile in the picture because his huge clown-like frown was definitely funnier.

Celebrate your Twitter conversations last year when you were excited about the smoothies you could make in your new blender; he asked you to send him one, and you joked about sending a smoothie through UPS all the way to Berkeley.

Celebrate how positive he was through all of it, how he was smiling in all those pictures even up until the end.

Even though you didn't talk much recently, you were best friends once, and that counts. And you can't forget that. And he had so many great friends before you and after you that you're learning about on Facebook now, and you are so grateful that he was never alone. You're overwhelmed by how much love for him exists in the world but you're not surprised. He always made friends wherever he went.

Thanks for being a part of my life, a part of so many lives. This one's for you Chris Cosby.

"Don't cry because it's over, smile because it hap-

Still singing along with Jesse McCartney



Hayley Bronner
Throwback Thursday

There is only one thing to do on a boring Friday night when it's much too cold even to walk near a door or window: Listen to throwback songs. There are thousands of songs that we all heard on Radio Disney when we were in the car with our parents, and we can still recite all of them word for word no matter how old we were when they were released. The classics include Britney Spears, the Backstreet Boys, Alanis Morissette, the Spice Girls, NSYNC and of course Jesse McCartney.

Jesse McCartney stole young girls' hearts all around the world. He was only 12 when he first joined a young boy band called Dream Street. He stuck with the band for about three years until he left to launch the solo career that made him famous. His debut solo album called *Beautiful Soul* was released in September 2004, and every preteen fell in love.

The next year he went across the U.S. on a tour

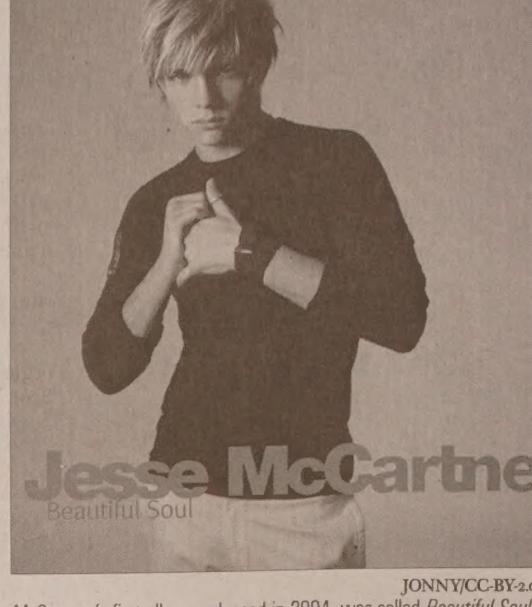
titled *Beautiful Soul*. He won the first of his many Teen Choice Awards (our favorite awards show EVER) and ended the year touring Europe with the Backstreet Boys.

Jesse's music career took off fast and had a great run, especially with his second album *Right Where You Want Me*. This album was a lot more mature than his debut album, and his increased involvement with the songwriting produced numbers like "Just So You Know," "Tell Her" and "Can't Let You Go" — some of our favorites!

The way that many of us remember Jesse McCartney is not just from his music but also from Disney Channel. He made appearances on some of our favorite childhood shows including *The Suite Life of Zack and Cody* and *Hannah Montana*. He was the

apple of London's and Maddie's eyes and was of course Miley's object of affection. He was brought onto these sitcoms to spice things up, and he definitely did. Those were some of our favorite episodes!

In addition to the Disney Channel shows he



JONNY/CC-BY-2.0

McCartney's first album, released in 2004, was called *Beautiful Soul*.

also contributed to many of their soundtracks. His voice was heard on a few of the *Disneymania* albums in addition

to many soundtracks including *That's So Raven*, *A Cinderella Story* and *Hannah Montana*.

Jesse McCartney's latest album was released in 2014 (anybody listen to it?) and

was received fairly well, debuting at number 35 on the Billboard 200. Jesse now acts, had a recurring role on the ABC

Family show *Young and Hungry* and still voices Theodore from the *Alvin and the Chipmunks* movies.

Some lesser-known facts about Jesse include his women's fragrance, which was released in June 2011, and his does philanthropy with Little Kids Rock. His fragrance was titled *Wanted* by Jesse and was on about every teen's Christmas List.

The girls who loved him when they were younger were now old enough to have their own perfume, making it a successful venture.

Back in 2005, Jesse became a supporter of Little Kids Rock, a non-profit organization that caters to underserved public schools around the country and provides the students with free musical instruments and instruction.

Many of our childhoods were filled with long car rides in the backseats with our siblings, singing every song on Radio Disney (the best station ever). We still know every single word to "Beautiful Soul" and unlike those formulas that we have to remember for calculus, it will never leave our minds. A relaxing Friday night includes endless throwback songs, but Jesse McCartney will always be the first on the list and the first in our preteen hearts.



STARBRIGHT/CC BY-NC-ND 2.0

Jesse McCartney stole the hearts of many young girls around the world and still performs today.

What's the Word? This Week on Yik Yak

I think the majority of time I spend on Tinder is while I'm on the toilet

Sometimes I wish I was as smart as the guy that makes the videos for Khan Academy.

Check back each week to see what the anonymous students of Hopkins have to say.

The fact that I had to poop without Yik Yak <<<<

13 HOURS 0 REPLIES SHARE

17 HOURS 0 REPLIES SHARE

10 HOURS 0 REPLIES SHARE

HIP HOP

BUT ALSO observations, lists, thoughts, feelings, missed connections, haikus, confessions, furtive glances and of course, sex.

“What’s on the Menu”: a history of food

**Tara Abrishami**
Food for Thought

The New York Public Library has an online lab called “What’s On The Menu,” a collection of archived menus from restaurants around the country dating back as early as 1851. Some of the menus feature crazy-sounding dishes, like “Papillons, la douzaine” (a dozen butterflies) and “frog’s legs.” In this week’s column, I outline some of my favorite finds from “What’s On The Menu.”

1. Quail on Toast

Popular in New York in the late 1890s, Quail on Toast showed up on the menus of a number of hotels and restaurants. On the Fifth Avenue Hotel’s menu, Quail on Toast appears under the “Game” section, along with Canvas Back Duck and Lettuce. (Yes, lettuce. Maybe it was hard to come by...) Other notable dishes on the Fifth Avenue Hotel’s 1897 dinner menu: English Plum Pudding, Charlotte Siberienne (a type of cake) and Game Pie with Jelly. Most of the words on this menu were ut-

terly incomprehensible. (“Cauliflower, Villeroi,” anyone?)

2. Chicory and Beets

A search for vegetarian items led me to the menu of Waldorf Astoria in July 1914. The Vegetables, Fruits and Salads section unsurprisingly contains many vegetarian items, such as Chicory and Beets. What’s for lunch at the Waldorf Astoria? “Noisette of Veal with Sorrel,” “Fried Porgies, Tartar Sauce” and “Scotch Grouse.” For dessert? Hickoryisques.

3. Alive Soft Shell Crab Served With Tartar Sauce, Shoestring Potatoes, Cole Slaw, Rolls-Muffins-&-Butter, Coffee, Tea, or Milk.

Yes, for real. That monster of a meal special cost 65 cents at The French Village in 1940. (Apparently eating animals isn’t enough; for maximum effect, eat them live.) They also offer a section called “Colonial Dinners,” including “Broiled Filet of Haddock, Lemon Butter.” The Kentucky Special consists of Half Fried Chicken, Country Gravy, Mashed Potatoes with Cole Slaw, Hot Rolls & Jelly and Coffee. The restaurant offered to mail the menu to friends of their patrons as a souvenir gift.

4. Concentrated Pluto Water

At the Chicago, Milwaukee, and St. Paul Railway Dining Car Service in 1915, Concentrated Pluto Water features on the

STEWART BUTTERFIELD/CC BY 2.0
What a piece of cooked quail may have looked like in 1897.

menu. Apparently, Pluto Water, a strong laxative mineral water, was quite popular in the early 1900s.

Two other beverages with “laxative” in the name are also on the menu. (Travelers in the early 1900s were apparently picky about their laxative water. “Pluto Water” is so much better than “Red Raven Water,” obviously!)

5. Rigatoni Eggplant, Portobellini Mushrooms, Tomato and Ricotta Sarda

Finally a vegetarian dish I can get excited about at Fiorelli’s in 1998. Though they offer some dishes I’ve never heard of, like “Ossobuco” and “Vongole,” they feature overall a much more recognizable menu. Also more recognizable prices: Instead of offering dishes for below a dollar, as all the previous restaurants have, the eggplant rigato-

ni at Fiorelli’s cost \$17.95.

6. Eels, Breaded with Ravigotti Sauce

Available at the Delta Kappa Epsilon fraternity convention supper in 1851, breaded eels graced the menu, along with Mallard Duck, Wild Pigeon, Woodcock, Frogs Fried in Crumbs and Ox Eyes. They also offered “Ornamental Pyramids,” such as Strawberry Ice Cream in Dolphin Form, and “Confests,” which were apparently different than desserts.

I hope you’ve enjoyed these bizarre tidbits from the menus across history. Check out the New York Public Library’s “What’s On The Menu?” Lab for the whole database of menus going back to the 1800s. Marvel at what you can find... (Though, sadly, my search for Central Perk was to no avail.)

Ten snacks to munch on while studying

1. Mozzarella sticks

This one is a classic, and we all know why it’s worth it.

2. Lay’s Cheddar Bacon Mac & Cheese Chips

These are sold at UniMini for practically no money, and the name is intriguing.

3. Bell peppers and hummus

If you’re trying not to pig out, or if you actually prefer health food for its taste, here is the only healthy option on this list.

4. Pizza

If you’re in for the night and you’ve got a lot of orgo ahead of you, just order an entire pizza for yourself. The pizza guy doesn’t need to know you’re alone.

5. Brownies

Something sweet to balance out the bitterness you feel when you look at calculus.

6. The blood of your enemies
You will absorb their powers, and that will give you strength on your coming exams.**7. Wheat Thins Veggie Toasted Chips**

Find these in most vending machines around campus, and you will not be disappointed.

8. Nilla Wafers with frosting
A summer camp classic, this will activate your memory receptors to help you with that history midterm.**9. Day-old sushi**

It’s late, and the sushi selections are minimal. But you know what you want so you’ll suffer through it.

10. Jelly beans

Try to associate one flavor with a topic you need to brush up on. Then, during the test, break out your jelly beans to help you remember.

Why should we study history anyway?

**Rollin Hu**
Irrelevant History

This week’s column will not be covering a historical event because studying history is useless. You know what is useful? Learning how to do CPR or the Heimlich maneuver. Or how to make a fire with sticks. Or kung fu. Basically any skill that would be useful in the event of a zombie apocalypse is a good thing to learn. Knowing the causes of the Price Revolution of Europe will not save me from a zombie horde. History in this respect is irrelevant.

After starting to write



STEPHEN DANN/CC BY-SA 2.0

Learning history may not help us in the event of the zombie apocalypse, but it will help us in daily life.

if I walk on an ice patch outside, I will slip and embarrass myself because ice has a small friction coefficient.

What does studying history even do for me? Sure, I can list the czars of Russia and look really pretentious, but that’s not useful. So why even write a column dedicated to history?

Knowing what happened in the past sometimes helps inform us on what we should do now. Of course there is the argument that we study history to make sure the bad stuff isn’t repeated, but there’s more to that. All of our norms, practices and institutions do not simply exist. They were molded by the decisions and thoughts of those before us. We can see clearly how the recent past affects us today, like how the 2003 War in Iraq set up an environment for today’s Daesh, also known as ISIS (not the

up in unexpected ways.

The skills needed to study history are relevant to the ways we live our lives every day. Studying history is not the brute force memorization of facts, dates and events. The ability to process and contextualize information, pinpoint biases and determine influences are skills you need to be a good historian. These are also skills you use in your life. How else do you decide whom to vote for, which causes to support and what to believe in?

None of the aforementioned skills will be useful in a zombie apocalypse. But neither will math or English. Science may be, but that is beside the point. Barring situations with zombies, all of these skills are useful for daily life. So that means studying history isn’t useless. That means I should probably work on my history essay now. But that doesn’t mean I shouldn’t want to learn kung fu.

the johns hopkins NEWS-LETTER

Editorial

Mental health task force: suggestions and considerations

This week, the University announced its decision to create a task force of professors, students and staff to investigate the state of student mental health and to create recommendations for measures to improve health and well-being.

Daily life as a college student can be stressful; many Hopkins students experience stress of varying degrees resulting from juggling difficult courses, extracurricular activities, social responsibilities, job searches and more. This stressful time coupled with the recent national conversation on the seriousness of mental health issues, especially for young adults, necessitate the University's actions. The Editorial Board commends the University for taking these steps to gather information about the current state of mental health on campus and to create a guide for action. As the task force begins its work, we have several suggestions.

The goal of studying and providing recommendations for all nine schools is ambitious and we appreciate the University's awareness of the differences between all the different student populations. The University must refrain from generalizing all of its campuses and the groups of students within them. For instance, an international student, first-generation college student and a transfer student will all face different stressors. Each campus is structured differently and has a different makeup of students, and thus methods for improving the state of mental health on campus cannot be universal. It is important that the task force maintains their current understanding and not only draws useful conclusions from their work, but makes sure that it also treats various groups as the separate entities they are.

Convening a task force on mental health may not solve all of the mental health issues on Hopkins campuses. Issues surrounding mental health can arise from a variety of causes — some students enter Hopkins with a history of mental illness while others become stressed or suffer from depression due to issues such as homesickness, course loads, or interpersonal conflicts. Some factors cannot be changed or alleviated in their entirety, and the goal of the task force is not to eliminate all stressors but instead to help students manage them and help the University better serve its students.

Nevertheless, there are still several areas of student life on the Homewood campus that the task force can and should work to improve. Firstly, orientation could include a presentation or training on how students can recognize signs of mental illness in themselves and in their friends and how to utilize resources on campus. Awareness and understanding of mental illness is a key to successful early detection and treatment, so all incoming freshmen should be educated on the topic. This education could potentially take the form of a mental health training session, similar to bystander intervention training (BIT), that is mandatory for new students. Similarly, the Office of Residential Life should incorporate more training programs for Residential Advisors regarding

how they can identify and address mental health concerns in their residents. Students view RAs more as event coordinators and good for small talk, but don't feel comfortable approaching them with serious personal concerns. RAs who can confidently say that they are trained and willing to help with mental health first aid would help students feel more safe and supported.

A more substantial method of improving students' mental health and well-being on campus is the construction of a student center and an international center. Designating an area as a social center for international students could help this group meet peers who may be dealing with similar adjustment issues and become more integrated into campus life. The recent addition of the Brody Learning Commons to the Milton S. Eisenhower Library was a beneficial development by creating a social space on-campus with a positive atmosphere. However Brody is still a workspace and thus associated with stress and school work. Creating a new student union or another type of social gathering place, could improve the overall quality of life on campus by providing a positive space where students can socialize and relax away from the stressors of school. We know that the University is actively working on a student center (awaiting funding) and understands the benefits to the campus culture it will bring and we are excited for it to eventually happen.

Some departments, such as the public health department and the department of biomedical engineering, have annual get-togethers ranging from dances to barbeques, but most other departments do not host such events. More of these types of events would be helpful. These gatherings contribute to improving mental health on campus by helping students form friendships within their major while creating positive associations with their schoolwork and professors.

In addition to these social improvements, there are more direct means through which Hopkins can reduce the stress associated with academics. For example, the University could firmly enforce the rule that professors cannot hold finals or set papers' deadlines to be during reading period. Similarly, the administration could prohibit professors from administering exams immediately following breaks. These changes would allow students to use their breaks as actual vacations, as a time for relaxation and rejuvenation instead of forcing students to spend their time off from classes cramming for exams. These changes need not be specific to Homewood and could be implemented at any of the other campuses as well.

Lack of accessibility to mental health resources and support services is an issue at Hopkins and across the country. The Editorial Board is glad it is finally being addressed and studied with the focus it deserves, and we hope that the University remains cognizant of the many complexities of mental health as its task force begins its work at Homewood and the other campuses.

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the johns hopkins NEWS-LETTER

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The Gatehouse

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ACP

OPINIONS

My coffee always comes with a smile

BY TOMMY KOH

We all want good food on our campus. The Dining Meeting this past Monday reflects how staff and students alike are committed to the Hopkins dining experience. But other than give feedback at the Dining Meeting, what else can students do to improve their Dining encounters? Attention must be paid to how our interactions to obtain food are not just transactional but relational. Is it really the case that staff members are "mean" and "rude" as some believe? Are the bagels really worth "killing with fire" as suggested by a previous review by this newspaper? Here are a few thoughts from my observations at Crepe Studio (located in CharMar):

Imagine the start to a typical week. My Monday mornings aren't great, and I doubt yours are either. I trudge to Crepe Studio to order a breakfast sandwich and a cup of coffee. I'm half-awake, as tired as the typical college student and grumpy at having to be at Bloomberg (the campus, not the building) by 9 a.m. There is little cognitive space in my mind for social pleasantries. I may or may not have grunted my order on more than one occasion, and I bet you have too.

Yet the person behind the counter remains smiling. "T" takes my order efficiently and asks me how my day is as she fixes up my white chocolate latte in double-quick time. My breakfast croissant is fresh and flaky. Unlike the alleged "grey yolks" of the past, my eggs are fluffy. As caffeine enters my system, my day takes a turn for the better, and I find myself mirroring T's smile. My steps are lightened by T's friendly "have a nice day" as I leave.

This might not have been your experience so let's imagine a different hypothetical. I grunt my order, and I think I see the person behind the counter scowling. She asks me to repeat myself. Frustrated, I repeat myself in an annoyed tone. I stand sullenly waiting for my order, wondering why it's taking so long. I worry about missing the JHMI and consider complaining about the slow service. I check my watch — again. I grab my order and leave without exchanging a single word. As caffeine enters my system, my day does not seem to take a turn for the better. I find myself frustrated, unable to focus. My cognitive space is filled with thoughts about my unpleasant encounter.

None of this is true. In my experience the Crepe Studio staff is accommodating, friendly and willing to make things right. What this does show is how we can all play a role in preventing the human spiral into negativity.

In fact, the two scenarios assume that "the customer is always right" and that our interactions are contingent solely on the server. Let's pause and suspend that belief for a moment. The coffee transaction, like any other human interaction, is a relational one. Our service staff are not merely machines that accept J-Cash and Dining Dollars in exchange for coffee and crepes, they are humans with thoughts and emotions.

By perceiving those we interact with as equals, we take the first step toward empowering ourselves to determine the tone and outcome of these interactions. We can choose our emotional and cognitive states to "approach" others positively. Similar to how others can make our day, our smiles can similarly make theirs. This reciprocity then provides the foundation for long-lasting and positive interactions.

Positivity promotes agreeableness and provides recognition for the service we are re-

ceiving. An op-ed in this newspaper previously condemned Crepe Studio bagels for being an "abomination" ("Bagel bites: a review of your best breakfast bets," Oct. 15, 2015). Apart from attributing the incident to teething issues that have since been overcome, I wonder how different the experience might have been if the customer had simply expressed concern and asked for a new bagel to be made (with fresh eggs and more cheese).

At Crepe Studio I once ordered a breakfast croissant which wasn't available. When I offered to pay the difference to get a flatbread instead, one was prepared for me without charge. Business theory would point to this as "service recovery." While this reflects frontline workers being empowered to meet customers' needs, I'd like to think that human interactions, the smiles, gestures and compliments that we can choose to give, play a similarly important part.

Service is not an entitlement and while I've found that Dining, Bon Appetit and their partners at Crepe Studio and Bamboo Café are extremely supportive and responsive (open snow or shine!), surely we also



MEGAN DONNELLY/FOR THE NEWS-LETTER

have some responsibility in our interactions. If you have not had the chance to interact with our partners who are similarly interested in improving food on campus, Dining Meetings hosted by the Residential Advisory Board (RAB) are one way to start such conversations and give feedback about your experience.

Even small nudges are helpful. Since we all benefit from positive human interactions, try this out the next time you order your morning coffee: Pause before stepping up to the counter, smile widely, and start your order with a cheery "Good Morning!" I believe that regardless of who is behind the counter, your coffee will be served with a smile and your day will be a positive one.

Tommy Koh is a sophomore psychology and political science double major from Singapore.

Hopkins is charting the right course in mental health

BY JACK BARTHOLET

This week, University President Ronald J. Daniels and Provost Robert C. Lieberman announced a University-wide Task Force on Mental Health and Wellbeing, the culmination of many months of work by the administration and SGA. I am, quite frankly, thrilled by the University's commitment to ameliorating the issue of mental health here on campus and eagerly look forward to working with them on this important task.

When the SGA began its conversations with the University administration about student mental health in early October, we were excited to see that Dean of Student Life Terry Martinez was already studying the mental health climate here at Hopkins. When we subsequently raised the issue with the President, Daniels had no hesitation in committing the full weight of his administration behind improving mental health for every student at Hopkins. This is exactly the kind of leadership we need on this issue.

Mental health is something that touches every student here at Hopkins, whether we know it or not. Statistically speaking, one in every four college students suffers from some form of mental illness. These are our neighbors, classmates and friends. And yet, just as there is all across the country, there is here a stigma — as sophomore Simon Barnett pointed out in an Oct. 8 op-ed in this very newspaper — that exists on campus. Mental health here is not treated like other medical conditions: It is invisible; professors are reluctant to issue extensions for mental health reasons when an ex-

tension would be automatic for physical maladies of the same intensity; going to the Counseling Center is often viewed as taboo whereas going to HelWell is perfectly acceptable. We need to begin to view mental health issues just as seriously as we would any physical malady.

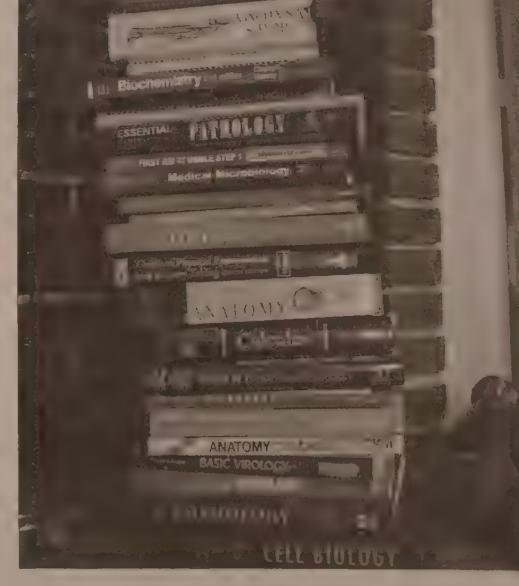
Student culture is an impactful part of the shared student experience here at Hopkins. We, together, must take responsibility for the culture we cultivate and must make self-determinations about how we want to live together for four years — we, alone, have the power to create a healthier environment at Hopkins. We must ask ourselves: Do we want to emphasize how busy we are or emphasize the amazing fruits of our labors? Do we want to turn conversations about how stressed we are into competitions or show empathy and support for one another? And yes, do we want to view depression, anxiety and all other forms of mental illness as issues that we need to hide for fear of judgment and stigmatization or those that can be brought to the surface for our peers to help support us through. We, The Students, have the power to change our institution to make it a more welcoming and healthy place for us to live and study, and the signs for progress are encouraging. We are seeing evolutions on the way we view our peers. When an editorial discussing mental health struggles was published, the school came together to support its author. When a student leader stepped down citing mental health reasons, students didn't criticize or ostracize him; they embraced and supported him. We must embrace this supportive culture into our daily

lives here.

Additionally, we as an institution all too often focus our conversations around symptoms and resources rather than underlying causes. It is not enough to add more counselors to the Counseling Center or to add more presentations on

time management to Orientation Week; we must take a hard look at some of the underlying systems at this University that can contribute to an unhealthy environment. Aspects such as the academic calendar and length of the semester, grade deflation, access to and stability of financial aid, time for extracurricular activities, school spirit and campus culture must all be analyzed, and nothing should be off the table.

And yet, the bright side of this is the University administration's openness to viewing campus mental health holistically. When the SGA asked President Daniels and Provost Lieberman to tackle this issue head-on, we insisted that a holistic approach be undertaken. Through my conversations with the President, Provost and oth-



LOGAN INGALLS VIA FLICKR/CC-BY-ND

ers, I am confident that this is exactly the path charted for the Task Force.

Let's be clear: There is certainly no silver bullet nor are the suggestions here by any means exhaustive, but we need to make every effort we can to provide for the mental well-being of all students. It is in this vein that I forcefully commend the University for its efforts on these issues in establishing a Task Force and ask every student to become a part of the conversation going forward so that we can, together, make our campus and shared student experience here at Hopkins a safer, healthier and more enjoyable one.

Jack Bartholet is a senior political science major from Kingstown, R.I. He is the SGA Executive President.

With the exception of editorials, the opinions expressed here are those of the contributors. They are not necessarily those of The Johns Hopkins News-Letter.

HOMewood LEADERSHIP WEEKEND

Have questions about reregistering a student org?

Want to plan better campus events and manage your budget more effectively?

Hope to get more involved in Baltimore?

Register for the Homewood Leadership Weekend on Hopkins Grounds before Wednesday, March 2nd! In this one-day program you will learn how to lead a stress-free student organization transition, partner with staff across campus, and network with leaders of local non-profits. Questions and requests for accommodations can be sent to leadership@jhu.edu. Breakfast and lunch are provided to all attendees.

**10 AM - 4:30 PM
SATURDAY,
MARCH 5TH**



Student Activities
and Programming
March 5, 2016
10 AM - 4:30 PM

Check-in
10 AM - 12 PM
Dinner
12 PM - 1 PM
Program
1 PM - 4:30 PM

THE B SECTION

YOUR WEEKEND • ARTS & ENTERTAINMENT • CARTOONS, ETC. • SCIENCE & TECHNOLOGY • SPORTS

FEBRUARY 25, 2016

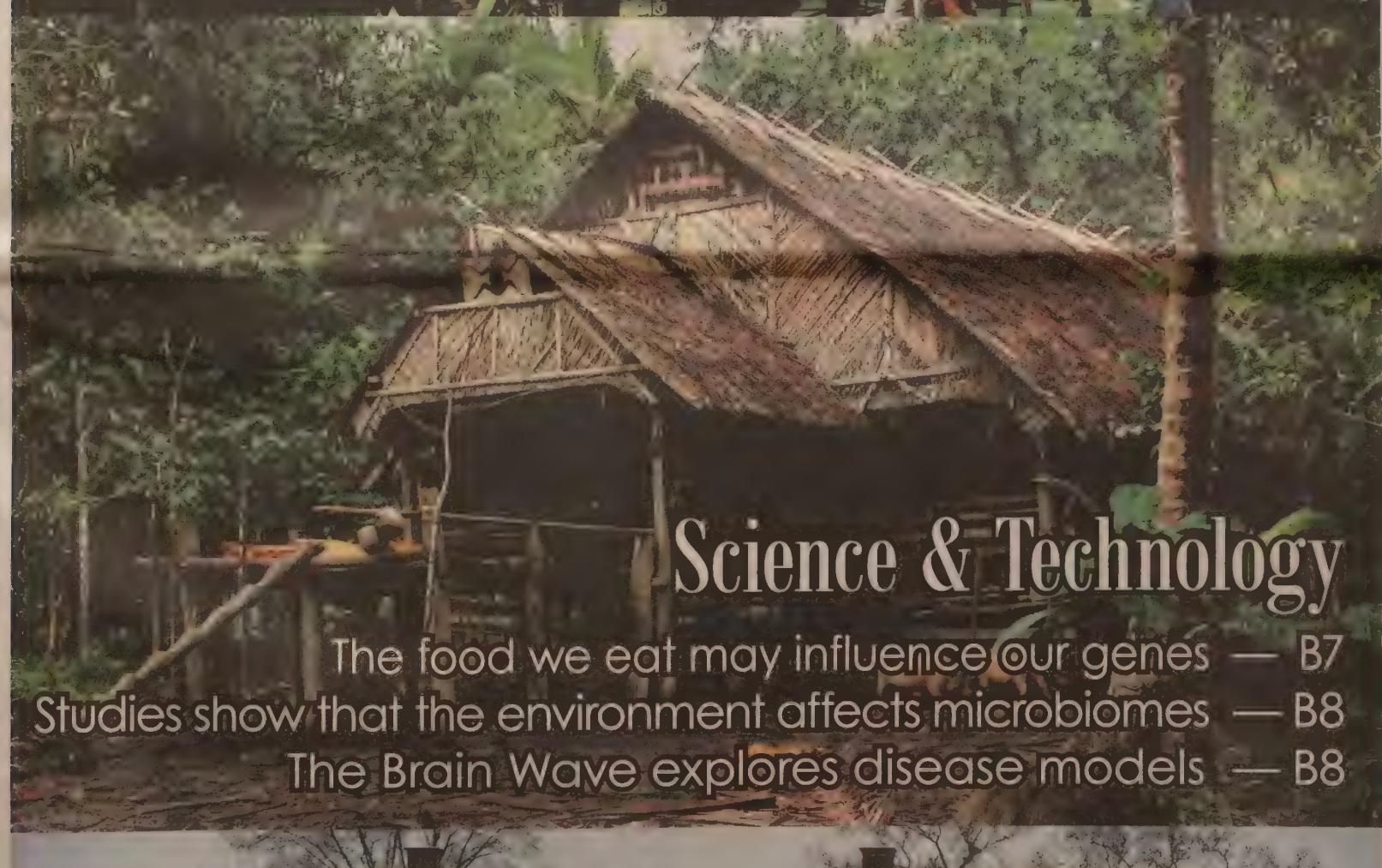


Arts & Entertainment

Hopkins a cappella wins 1st and 3rd in ICCA quarterfinals — B3

The News-Letter predicts the 2016 Oscar winners — B3

Pride and Prejudice and Zombies only earns 2/10 stars — B4



Science & Technology

The food we eat may influence our genes — B7

Studies show that the environment affects microbiomes — B8

The Brain Wave explores disease models — B8



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Dev's Corner explores the concept of E-sports — B10

W. Lacrosse's Haley Schweitzer is athlete of the week — B11

M. Lacrosse suffers loss to Loyola in top 10 matchup — B12

YOUR WEEKEND FEB. 25-28

Events in Baltimore this weekend

Thursday

Prince Demah Barnes: Our Nation's First African-American Portrait Painter

The Walters Art Museum, 7 p.m.

Metropolitan Museum of Art Curator Amelia Peck will give a talk about the earliest known non-white American portrait painter.

Ty Segall & The Muggers with guests

9:30 Club, 7 p.m.

Ty Segall & The Muggers will share the stage with CFM and Axis: Sova. Tickets are \$25.

I'M ALIVE: Abdu Ali

The Crown, 9 p.m.

A multimedia event (featuring performance art, projections, readings and music) curated by Baltimore artist Abdu Ali will kick off his U.S. tour.

Friday

BmoreOnFire 4

The Windup Space, 8 p.m.

BmoreOnFire showcases highlight radical and social justice-oriented artists, including musicians, poets and more.

Saturday

Bromo Art Walk

Bromo Arts District, 12 p.m.

Head to the Bromo Arts District between noon and 4 p.m. to check out some of the nine galleries that will be open to the public to showcase contemporary art.

What's In Your Wine?

Red Emma's, 6 p.m.

A winemaker and an importer will be discussing all things wine, including which wines are vegan and which are sustainable. Free to attend and \$10 to taste.

PTR Monthly Dance Party: Goth/Industrial Edition

Gallery 788, 8 p.m.

The always-unpredictable Gallery 788 will be hosting its monthly dance party on Saturday.

Sunday

Tariq Toure: Black Seeds Book Release

Red Emma's, 7:30 p.m.

Red Emma's will be celebrating the release of *Black Seeds: The Poetry and Reflections of Tariq Toure*, the highly regarded author's first compilation.

Tender FM Vol. 2

The Crown, 8 p.m.

Head to the Crown to listen in on the monthly reading series. It's free and the dress code is pajamas.

Live music in review: Matmos at Floristree



COURTESY OF DAVID SHI

M.C. Schmidt (right) of Matmos "plays" the washing machine while partner Drew Daniel sits nearby, sampling and composing.

By DAVID SHI
For The News-Letter

and the sporadic unidentifiable piece of machinery that sits in the corner.

You stand in line and pay for the show. The girl at the desk draws a smiley face or some configuration of that on your hand, but you realize that no one is really going to check. You pay the \$5 cover because that's what you do. It's a community performance space with an emphasis on community.

To the right of the "box office" is a skate ramp. Look up. This is good advice to follow whenever you are entering somewhere unfamiliar. Hanging from the ceiling is what looks like an enormous bouquet of flowers. The green window frames and the painted walls start to come together. You remember that nobody is going on this stage to promote a lucrative record contract. And despite the fact that members of the band Future Islands and Dan Deacon are standing there with beers in hand, no one is going to hassle them in this place. Tonight they are here to support

the performers and to experience the music.

Directly across from the main performance stage is a kitchen, which really does accentuate the idea that this is a living space — a space where art is constantly being made, torn apart and remade.

Sophomore Will Scerbo reflected on the first time he went to a show at the venue.

"I went to Floristree for a Nerftoss album release show and people were making quesadillas in the kitchen while M.C. Schmidt (of Matmos fame) was on stage performing a comedy sketch," he said.

Tonight Matmos is premiering *Ultimate Care II*, an album that features the very Whirlpool washing machine to create ambitious and texturally adventurous music. The washing machine is front and center on the stage, waiting to be rubbed and smacked for the sake of exploring new soundscapes.

Bonnie Jones is opening with a noise set that is built around mechani-

cally repurposing guitar pedals, a technique that is often employed by noise musicians. After her set, Matmos begins their show with visuals that are vibrant and fluid. Hopkins English professor Drew Daniel (who is a member of the group) is onstage with M.C. Schmidt around the washing machine with two microphones goose-necked over it.

The cohesion of the music and visual display is very apparent as water sloshes in the washing machine to different levels of feedback. It is akin to being in a rhythmic trance; The performance melds together with the atmosphere of high ceilings and diverse crowds. As the show comes to a close, people mingle and there is a kind of indescribable spirit of camaraderie in this artist-run, artist-curated and artist-inhabited space. Floristree is like a representative slice of the entire Baltimore music and art community, one that is as welcoming as the city of which it is a part of.

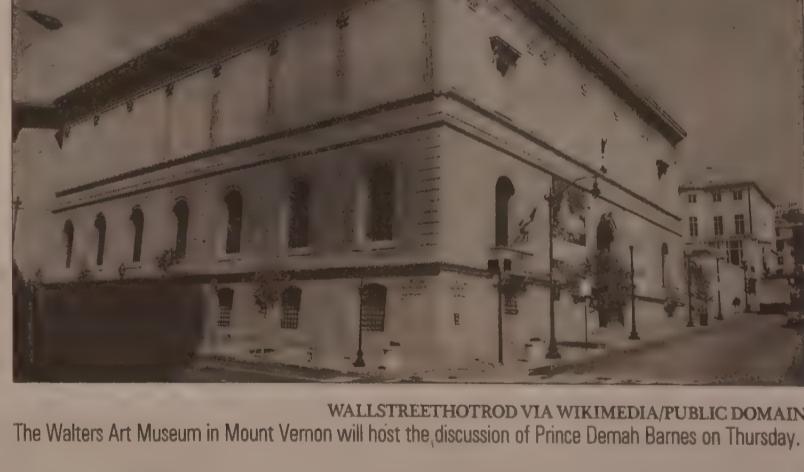
This weekend: House music, art talk and Ratboiler

By VERONICA REARDON
Your Weekend Columnist

This past weekend I stayed mostly around campus doing Hopkins-affiliated stuff, like the Commemoration Ball plus a friend's birthday party. But there are exciting things happening in Baltimore this weekend! I plan to try and make it to some, and so should you!

The first is a house concert which I'm going to talk more about post-concert because it's a series, and I want to see what it's like. If you're curious, it's at 1222 N. Calvert St. this Saturday at 7 p.m. and will feature Spencer Branch, a bluegrass/old time band, which I believe is from North Carolina.

Just in case you didn't figure it out, house concerts don't always have to do with house music. It's called a house concert because it's in some very nice people's living room and is both intimate and can fit a surprising number of people. House concerts run by this musical friend group in Baltimore tend to be quite lovely, so I would highly recommend it! They also have a recommended donation instead of an actual cover charge, and are nice little



WALLSTREETHOTROD VIA WIKIMEDIA/PUBLIC DOMAIN

The Walters Art Museum in Mount Vernon will host the discussion of Prince Demah Barnes on Thursday.

potluck type BYOB deals so you don't have to worry about spending too much money.

Anyhow, something is happening a bit sooner is a talk on Prince Demah Barnes, "America's first known portrait painter of color." It will be at the Walters Art Museum at 7 p.m. this evening. This event should be quite educational and very interesting! Not very many enslaved persons' artworks have survived; in fact, Prince Demah Barnes may be the only one.

Amelia Peck, curator at the Met in New York, will give the talk. She was the one who discovered his

paintings and brought them to the Met. Fun fact: The reason she wanted the paintings is because she liked the way its textiles were painted. Talking about artists like Prince Demah Barnes is extremely important in order to understand race in America today. For that reason, and because it will be an interesting presentation on an interesting artist, I would recommend going!

Tonight at the Ottobar there is also a concert featuring Ratboiler, a band that Lukas Lerner, a senior at Hopkins, plays in. Their sound is fun, loud, energetic punk and their shows don't tend to break

the bank, so if you're looking for more fun tonight you could head there!

The Ottobar is also a pretty nice venue or at least it holds up very well when compared to other venues of the same type (Metro Gallery, the Crown and the Windup Space). It certainly is better than Metro Gallery although on certain nights the Crown and the Windup Space hold their own in that regard.

If none of these events appeal to you, there's far more happening in Baltimore this and every weekend! I recommend checking out the sidebar for more ideas.

ARTS & ENTERTAINMENT

A Cappella groups unite at Mid-Atlantic event



CINDY JIANG/PHOTOGRAPHY STAFF

Multiple a cappella groups performed at Shriver Hall on Feb. 20 in the ICCA Mid-Atlantic Quarter-Finals.

By ANITA LOUIE
For The News-Letter

The doors to Shriver Hall opened at 6:15 p.m. on Feb. 20, and by 6:30 p.m., the entire auditorium was packed. Friends and families from all over the Mid-Atlantic trekked to Hopkins for the quarterfinal round of the International Championships of Collegiate A Cappella (ICCA), where ten talented groups performed in a real-life version of *Pitch Perfect*.

All ten groups qualified for the competition back in November. The two top groups will move on into the semi-final round, where they will compete against the top two groups from each of the other four quarterfinals currently being held across the country.

Each group only had 12 minutes for their performances, but they managed to pack a lot of talent into such a short amount of time. Johns Hopkins did well as a whole, getting three groups (Octopodes, All-Nighters, and Notes of Ravier) into the prestigious competition. The Octopodes won Outstanding Vocal Percussion, Outstanding Arrangements and first place overall, and the All-Nighters won Outstanding Choreography and third place overall, behind only the Octopodes and University of Delaware's Vocal Point.

After Mid-Atlantic ICCA producer Hollie Kitching introduced the competition, the emcees Hopkins seniors Nick Uebel (Vocal Chords) and Jackie Choi (Mental Notes), took the stage and welcomed on the first group: Johns Hopkins' vest-wearing All-Nighters.

The All-Nighters performed Brayton Bowman's "Privacy"; a Justin Bieber medley including "Sorry," "I'll Show You," and "The Feeling"; and Cee Lo Green's "Cry Baby." With a great stage presence and an amazing dance sequence, the male a cappella group started the competition off strong.

The second of three Johns Hopkins groups then went on — the community service group, Notes of Ravier. They performed Estelle's "American Boy," a mashup of Young the Giant's "My Body" and BORNS' "Electric Love," the Weeknd's "The Hills" and Christina Perri's "Human," with a beautifully emotional delivery.

Afterwards University of Maryland Baltimore County's Cleftomaniacs took the stage. With snappy choreography and singing to match, the group certainly did just that with Lianne La Havas' "Don't Wake Me Up" and Nick Jo-

nas' "Levels."

Hailing from the nearby Towson University, the Tiger Tones were up next. An all-girl group promoting feminism, the group sang Delta Rae's "Bottom of the River," Little Mix's "Wings" and Tori Kelly's "Nobody Love."

With well-rehearsed and coordinated dance moves as well as the lack of a soloist in favor of having the whole group sing equally for "Wings," the Tiger Tones offered something a bit different but no less amazing.

The last of Johns Hopkins groups was the Octopodes, who completely blew the crowd away with their larger-than-life stage presence and confidence as well as perfectly-synchronized singing. Although the Octopodes recently came out with an original album, "The Kraken," they performed covers of Brayton Bowman's "Runaway," MAX's "Darling," and an amazing mashup of MKTO's "Bad Girls" and Ariana Grande's "Focus."

The judges then deliber-

ated, grading both sound and aesthetics. There were five judges, Ricky Jabarin (conductor for Penn State a cappella), Stefanie Chase (serving on the Contemporary A Cappella Society Board of Directors), Frank Albinder (previously member and director of famous a cappella group Chanticleer and Grammy winner), Chris Little (president and performer for Vox Pop) and Garrett Carswell (arranger for University of Michigan's a cappella group, the G-men).

During this time, the Johns Hopkins comedy a cappella group, the Mental Notes, performed for the crowd. Among the biggest crowd favorites were "I Boned a Freshman" and a 'classic' medley of "Pachelbel's Canon," "Für Elise" and "Do-Re-Mi" all sang to the words "your mom."

The judges awarded several superlatives first. The Hopkins All-Nighters won Outstanding Choreography, while the Octopodes' senior Gabriel Giraldo-Wingler took home Outstanding Vocal Percussion. The Octopodes also won Outstanding Arrangements, arranged by junior Katrina Estep and senior Joseph Paek. The Salisbury University's Squakappella's Jessica Huber won for Outstanding Solo.

At last, the judges announced the final results of the competition. In third place were the All-Nighters. In second place, moving onto the semifinals, was University of Delaware's Vocal Point. And lastly, in first place, were the Octopodes, also moving onto the next round in Philadelphia at the Kimmel Center for Performing Arts on March 26.

Animal Collective can't recreate past

By DUBRAY KINNEY
Arts & Entertainment Editor

Animal Collective have forged their own mythology in their 17 year stint as a band. The members, known by the monikers Avey Tare, Deakin, Geologist and Panda Bear, all hail from Maryland in some way, shape or form. Their current claim to fame is the ability for each of their albums to sound vastly different from that which came before and this remains true with their tenth album, *Painting With*, which was released on Feb. 19 by Domino.

Animal Collective developed drastically between their debut album *Spirit They're Gone*, *Spirit They've Vanished* and 2005's *Feels* as well as before their 2009 release, *Merriweather Post Pavilion*, which has made its way into the indie rock canon. Animal Collective is as eclectic and abstract, and their brand of experimental psych-pop is often described as two Beach Boys albums playing over top each other.

Painting With is a venture into shorter, more pop-like songs, which feel like a departure from their previous album *Centipede HZ* (not to mention the rest of Animal Collective's Discography). Yet the album feels similar to *Centipede HZ* in the sense that it gives off a feel that perhaps we're past "prime" Animal Collective. Neither *Painting With* nor *Centipede HZ* reach the heights of the *Sung Tongs* to *Merriweather Post Pavilion* stretch and at best feel reminiscent of those albums.

That isn't to say that *Painting With* does not have highlights of its own. Particularly the track "On Delay" which feels like a callback to a

also the contributions of the members in their solo projects. Perhaps the most memorable is Panda Bear (or Noah Lennox) who kickstarted the "chill-wave" trend during the 2000s with his critically acclaimed album, *Person Pitch*.

After a great amount of hype (mostly generated by the album's lead single and opener, "Floridada") and a bizarre album unveiling in the bathrooms of the local BWI Airport this past winter, *Painting With* has finally officially dropped. Yet the album has managed to be both disappointing and relieving in some ways. Coming off the heels of *The Life of Pablo* (which is still in the process of being released) it's surprising that another divisive album has dropped in terms of public response.

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SEE COLLECTIVE, PAGE B5

The News-Letter predicts 2016's Oscar winners

By SARAH SCHREIB
Arts & Entertainment Editor

The results of the Academy Awards rarely produce surprising results for audience members or even the nominees themselves. The Academy, comprised mainly of older white men, tend to play it safe, leaning towards historic biopics and actors who have charmed the public throughout the awards season.

Nevertheless, the Oscars are still highly anticipated and awards predictions are produced on almost every media site, with slight variations depending on the company or website's own angle. (Independent film sites tend to favor indies). Here are The News-Letter's Oscar picks for the 2016 awards season.

Best Picture —
The Revenant

Arguably the most anticipated award of the night, Best Picture is announced in the show's last minutes with producers and cast members at the edge of their seats, waiting for their lives and careers to change in an instant. The winner is rarely a complete shock, with obvious frontrunners based on the number of other nominations. A heartfelt

narrative or greater social message can also increase a film's chance. While the narrative surrounding *The Revenant* has been mainly been about the harrowing conditions of production, Leonardo DiCaprio's Golden Globes speech turned the public attention to the strife of the First Nation populations that are portrayed in the film. This humanitarian angle may be enough to push this film, which has received widely positive reviews from critics, to the position of Best Picture.

Best Director — Alejandro González Iñárritu

Regardless of what might be said about its simplistic storyline or the amount of brutality, there is no doubt that *The Revenant* is an incredible feat of filmmaking. Iñárritu, the leader of this time-sensitive, intricately poetic production was able to draw deeply emotional performances from the actors while taking control of the difficult physicalities of the shoot.

He deservedly won in the same category last year, and the win called the public's attention to his sincere, passionate approach to filmmaking, and he will most likely win again this year.

Best Actor in a Leading



GAGE SKIDMORE//CC-BY-SA-2.0

Alicia Vikander is seeking an Academy Award in this year's ceremony.

Role — Leonardo DiCaprio

At this point in his extensive career, there is no doubt that Leonardo DiCaprio is due for an Oscar. Last awards season, he came close to securing an Academy Award in 2014 for *The Wolf of Wall Street*, winning a Golden Globe for

Best Actor in a Musical or Comedy. This year he has once again been given the Golden Globe for his performance, as well as the coveted Screen Actor's Guild (SAG) award, and he is closer than he has ever been.

With the grueling conditions and treacherous obstacles he faced during shooting, including eating raw liver, he was able to produce a hauntingly emotional performance,

especially in scenes involving the murder of his son. Despite his rec-

ognizable features, the actor is completely lost behind the character. It is easy to forget the international movie star beneath the worn, hairy skin of the fur trapper we see on screen.

Best Actress in a Leading Role — Brie Larson

After winning both the Golden Globe and the SAG award, Larson is the obvious choice for this year's Academy Award. While *Room* is unlikely to win any other awards on Sunday night, her performance, projecting both fragility and strength, will undoubtedly grant her the favor of voters.

Best Actor in a Supporting Role — Sylvester Stallone

This category is the

SEE OSCARS, PAGE B5

Dunbar Hughes performs Hairspray

By KACEY BAE
For The News-Letter

Performing a selection of songs from the hit musical *Hairspray*, the Dunbar Baldwin Hughes (DBH) Theatre Company held their Spring Cabaret this past Saturday, Feb. 20 in the SDS Room of Mattin Center. After two months of rehearsal, the theater group sang and danced to the numbers from the classic musical based on the zany John Waters film from 1988.

The performance was preceded by a traditional Southern dinner. Sitting around covered tables decorated with colorful balloon centerpieces, audience members ate soul food consisting of fried chicken, corn muffins and other classic dishes.

As the audience finished cleaning their plates, the lights dimmed and cast members began shuffling through the aisles to take the floor and open with the famous opener "Good Morning Baltimore."

The opener then transitioned to the song "The Nicest Kids in Town," which featured most of the ensemble. Other musical numbers performed were "Mama, I'm a Big Girl Now," "(The Legend of) Miss Baltimore Crabs," "Without Love" and "You Can't Stop the Beat."

Sophomore Kaylynn Sanders, who played Motormouth Maybelle, particularly shone in "Big, Blonde and Beautiful" and "I Know Where I've Been," in which she belted out the notes.

"Big, Blonde and Beautiful" also featured an unforeseen mishap where Edna Turnblad's blonde up-do slipped, humorously exposing a wig cap underneath. However, Sophomore John Del Toro admirably took the situation in stride, ironically singing praises about his character's impressive hair while holding it in his very hands.

The DBH Theatre Company's performance

SEE HAIRSPRAY, PAGE B5

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Best Actor in a Leading

Role — Sylvester Stallone

This category is the

SEE OSCARS, PAGE B5

Pride, Prejudice, Zombies and disappointment



Tim Freborg
Flashframe Film
Reviews

Pride and Prejudice and Zombies (hereafter PPZ) is an action romance comedy directed by Burr Steers, based on the book of the same name by Seth Grahame-Smith. As its title would suggest, both the book and the film are something of a reinvention of the classic *Pride and Prejudice* by Jane Austen with a few elements of, shall we say, contemporary entertainment mixed in. Rife with romance, action and more than a fair bit of silliness, the film takes the premise of the original novel and decides that the one thing Austen was lacking was a few thousand lumbering corpses and maybe some martial arts for good measure.

However, as much as it utterly pains me to say this, no, Austen was not sorely missing any of those elements and the film suffers greatly for it.

"Whoever chases two rabbits shall catch neither" is one of those proverbs that I've encountered in quite a few contexts. While its meaning and merit, like most proverbs, can be debated *ad nauseam*, from my perspective it's always been something of a warning against broadness, overambition and lack of focus. However, meanings and merits of the phrase aside, there are certainly instances where it seems to ring agonizingly true, and when I left the theater after a viewing of *Pride and Prejudice and Zombies*, this phrase echoed through my head the entire way back home.

The film opens on the ever-famous Colonel Darcy (Sam Riley) as he goes about his usual day-to-day business: slaying legions of deceptive undead whose hunger for flesh has allowed them to infiltrate what seems to be every level of society. After an introduction that wouldn't feel out of place in a PG-13 *Walking Dead* rip-off, the film rapidly introduces us to the equally acclaimed Elizabeth Bennet (Lily James)



Sam Riley stars as Colonel Darcy in *Pride and Prejudice and Zombies*, a zombiefied take on Jane Austen.

and her sisters, now apparently living in China and studying martial arts.

However, not content with her daughters remaining single combat trainees forever, the Bennet family matriarch invokes the classic Austen calling card of marriage and attempts to set up one of her children with one of their neighbors, a Mr. Bingley (Doughlass Booth). Elizabeth, however, is not content to simply be married off to the first man that chooses her, leaving her

very fun setup.

Every element one would expect of a classic Austen novel can be found here: lavish parties, stirring romance, invocations and questioning of social hierarchies and a fiercely independent protagonist. There is only one element that the film lacks: any of the charm, depth or sense of character. What we have in their place are poorly paced action sequences and story elements straight out of a 13-year-old's fanfiction library.

The added elements of combat, action and melodrama just don't mesh with the material the film is trying to spoof.

The action scenes in particular are guilty of this. While admittedly entertaining the first few times, it's astonishing how quickly zombie slaying can get so dull. Every scene ends in one of two ways: zombies appear, inciting a fight, or the characters themselves come to blows. As a result, these scenes

lose any poignancy or entertainment value as they devolve into shoehorned segues into the next scene. What's even more egregious is that they invariably break the mood of the prior scene and replaces it with one of lukewarm gaping at the cheesy PG-13 gore.

An argument might be made that I am looking for depth in a film that quite simply isn't meant to have it. After all, this is clearly a parody. It wouldn't be fair to compare *Star Wars* to *Spaceballs* or *Dr. No* with *Austin Powers*. I would argue, though, that the film does not even work as a parody. Its close resemblance to the original work prevents it from carving out a unique identity for itself. Its comedy comes almost solely from mentioning Darcy and zombies in the same sentence, nothing more.

It is a parody, yes, but it's a parody that doesn't click together, that doesn't harmonize. Rather than being a source of humor, drama or another similarly potent element, these integrated bits of story feel pointless, extraneous and, worst of all, tired and boring. While certainly not the worst film out there at the moment, this is a film that I would heartily recommend giving a miss.

Overall Rating: 2/10

**PRIDE AND
PREJUDICE AND
ZOMBIES**

Starring: Matt Smith, Sam Riley and Lily James
Director: Burr Steers
Run Time: 108 minutes
Rating: PG-13
Showing at: Cinemark Towson, AMC Security Square, AMC White Marsh

sister Jane to the realms of romance. Before long, though, she and Darcy find themselves on a collision course that will shake both of their worlds to their very core and answer the question of whether romance can exist in this rotting, corpse-infested world.

While admittedly this is an over-simplified summary of the film's basic conceit, it does drive the point that needs to be addressed: this film is quite literally *Pride and Prejudice* with a few zombies and action sequences thrown in for good measure. While admittedly a cute idea (and perhaps a bit of a tongue-in-cheek jab at how ludicrously oversaturated the market has become with zombie products), it is unfortunate that the film really doesn't do very much with what should be a

condensed, the musical flowed seamlessly due to the embellished narration of the character Corny Collins, the host of the fictional *Corny Collins Show* and played by sophomore Anthony Karaholios. Because of the abridged nature of the show, the producer, senior Diamond Pollard, had to carefully select the musical numbers.

"I tried to figure out which songs were the most iconic, but also considered which songs I could drop and still maintain the narrative," she wrote in an email to *The News-Letter*.

This theme of creating a simple yet iconic performance seemed to pervade all other aspects of the production as well. Cast members generally remained in the same costumes but maintained the classic

1960s silhouettes and, of course, voluminous hair. The set changes were signaled by pantomiming and usage of choice props. The bright and lively bops, endearing romances and message of integration were also highlights of the performance.

While the Spring Cabaret does coincide with Black History Month,

Midterm Study Playlist

By Marcia Zimmerman

1. "Four Seasons" by Vivaldi

2. "Dietro Casa" by Ludovico Einaudi

3. "Strobe" by Deadmau5

4. "I Took A Pill in Ibiza (Seeb Remix)" by Mike Posner

5. "Leave A Trace" by CHVRCHES

6. "Waited 4 U (ODESZA Remix)" by Slow Magic

7. "Here For You" by Kygo Ella Henderson

8. "Ezra" by Flume

9. "The Emotion" by BØRNS

10. "Step" by Vampire Weekend

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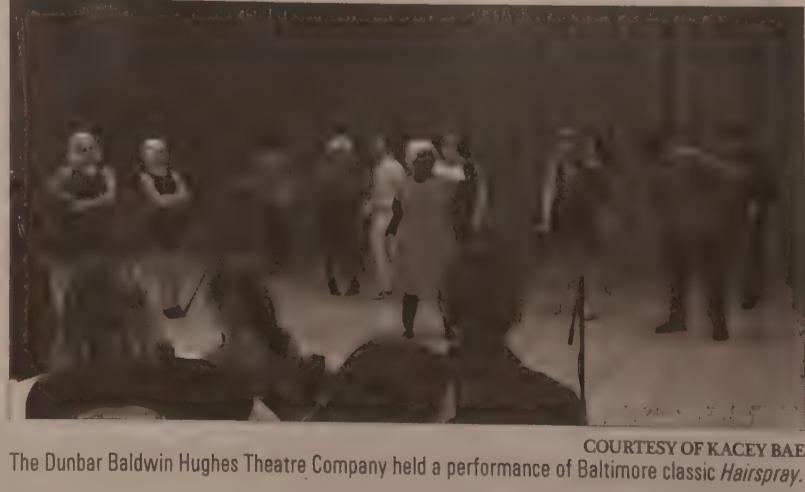
Hairspray shines in celebration of Baltimore

HAIRSPRAY, FROM B3
was unique in its shortened rendition of the musical.

While the story was condensed, the musical flowed seamlessly due to the embellished narration of the character Corny Collins, the host of the fictional *Corny Collins Show* and played by sophomore Anthony Karaholios. Because of the abridged nature of the show, the producer, senior Diamond Pollard, had to carefully select the musical numbers.

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COURTESY OF KACEY BAE

Pollard explained that the choice of the show was not directly inspired by this theme.

"We felt that *Hairspray* (despite its plot dealing with race and segregation) didn't quite fit as a BHM show," she wrote. "That being said, we certainly didn't ignore its relevance to current events, like what happened in Baltimore/this

past April and the Oscar controversy."

The Dunbar Baldwin Hughes Theatre Company has been very active over the past year, also producing *Dearly Departed*, a play that ran in December 2015. They also held a performance of *for colored girls who considered suicide / when the rainbow is enuf* in October 2015.



GAGE SKIDMORE/CC BY-SA 2.0

Lily James plays Elizabeth in *Pride and Prejudice and Zombies*.

ARTS & ENTERTAINMENT

Author explores the importance of touch

By WILL KIRSCH
For The News-Letter

Barnes & Noble hosted David Linden, author and neuroscience professor at the School of Medicine, on Feb. 16. Linden read from and discussed his recent book *Touch: The Science of Hand, Heart, and Mind*, published last year.

Linden has received acclaim as an author in the past, notably making it onto *The New York Times* Bestseller list in 2011 with his second work, *The Compass of Pleasure: How Our Brains Make Fatty Foods, Orgasm, Exercise, Marijuana, Generosity, Vodka, Learning, and Gambling Feel So Good*.

Linden's newest book differs somewhat from his general focus, concentrating instead on memory. It examines this sense and its importance in human development, discussing the effects of seemingly simple acts and the consequences of withholding them.

Linden opened his talk by discussing an

interview with a veteran who served in Iraq. During the interview, the veteran spoke about being shot multiple times while attempting to care for a wounded person during a fire-fight.

Linden said that the veteran had described the sensation of the bullet hitting him as insignificant; He had not even registered the pain. Linden explained to the audience that this ignorance of pain is not uncommon on the battlefield and is a result of extraordinarily stressful situations.

The author compared this to his own experiences of going to the doctor's office as a child. In this situation, the seemingly minor trauma of getting a shot seemed extreme and unbearable to the young Linden. To explain the difference between his experience with pain and the veteran's, Linden said that the memory of past shots and the anticipation of the one to come amplified the

discomfort of the injection.

Linden then read from the prologue of *Touch*, describing a scene set in Malibu, Calif. in 1975. With prosaic dialogue and imagery, the author recalled playing a game of "Would You Rather," in which each player was asked which sensations they would choose over others. Linden noted that it was interesting how little the sense of touch factored into the conversation, although it is so fundamental to human perception of life.

To assert the importance of touch, Linden discussed how it has penetrated language. He pointed out that when one speaks of an impolite person, they call them "tactless." The word "tactless" derives from "tact," which is defined as "the sense of touch."

Linden then went on to point out what a life devoid of this sensation would be like. Linden used Romanian children raised in understaffed and crowded orphanages as an example of the distinct negative physical and mental health effects that the absence of "loving touch" can lead to.

In light of this fact, Linden questioned the bans on public touch in places like schools with the idea that suitable and amicable touch should be preserved in communal settings.

Having described the emotional subtleties of touch, Linden next gave a brief overview of its scientific realities. He pointed out that the nerve endings related to

the sense vary in their sensitivity and their ability to discriminate.

Linden also said that your body determines the emotional content of touch, translating it as positive or negative, pain or pleasure. As he mentioned before, those emotions can be influenced by expectations.

Linden pointed out to the audience that no one really thinks about the sensation of clothes rustling on their body because the body ignores feelings created by self-produced movements as a result of activity in the cerebellum. Apparently the recognition of those sensations would mean that there is some damage in the cerebellum.

To further explain this fact, Linden talked about a game his children would play in which two twins would stand on opposite sides of a door and take turns pushing on it.

Someone inevitably got hurt in this game because each time the door was pushed, the other person increased the force. Linden explained this was because a trick of touch made it feel as though an equal force was being applied, when in reality each push was harder than the last.

David Linden's book discusses how the body processes physical sensations and how emotions, experiences, thoughts and many other factors influence our perception. The author's talk and readings from the book gave new insight into a sense that so many take for granted.

Animal Collective feels repetitive, nostalgic



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Animal Collective's 10th studio album was released on Feb. 19.

COLLECTIVE, FROM B3

deeper cut in Animal Collective's library, *Fall Be Kind*, a 2009 extended play that managed to cash in on the hype of *Merriweather Post Pavilion* (a task which was thought to be impossible at the time). The song touches on some of the themes that the band returns to often in its examination of everyday life.

The layered vocals of "Hocus Pocus" also work well, creating an echo effect that gives off a hazy feel when combined with the poignant electronic sounds that follow behind it. "The Burglars" feels reminiscent of the more psychedelic era of The Beatles and through that influence it is a fun song that stands out as fast-paced and droning.

Although some songs are hits, there are a few misses, such as "Golden Gal," which feels a bit monotonous and "Lying in the Grass." There are several times during this album when it feels like the band may just be going through the motions, and it might be because they currently

lack the energy that they had during the stretch of albums that came to define them.

Painting With isn't a boring album by any stretch of the imagination, but for Animal Collective it feels disconcertingly routine, as if a formula for the band's success has been found and is now being reaped for all it's worth.

Overall *Painting With* is hard to quantify within the discography of Animal Collective. It falters due to the sheer strength of their past work, not to mention the fact that some of their songs have to be heard in their live renditions to be fully embraced. Perhaps that's the problem with *Painting With*. It may be an album that plays better live than it does in the studio.

At least that's what most fans should hope because without that saving grace, *Painting With* suffers as a follow-up to the band's previous albums, which were some of the best albums the aughts brought us.

Oscar picks for the 2016 awards season

OSCARS, FROM B3
weakest of the acting categories. Idris Elba, the winner of the SAG award, a traditional indicator of Academy Award success, was not even nominated. While Tom Hardy, who gave an engaging performance as the villain of *The Revenant*, or Mark Rylance, who won a BAFTA for his performance in *Bridge of Spies*, are possible competitors, Stallone's nostalgic revival of the classic Rocky character may be among Academy members.

Best Actress in a Supporting Role — Alicia Vikander

While *The Danish Girl* was far from a perfect film or even a particularly good one, Alicia Vikander's performance as a distraught yet compassionate wife of a gender-transitioning artist cannot be discounted. She completely immerses herself in the role and generates empathy in an otherwise cold film. Like Larson, this is Vikander's first Academy Award nomination. Until now she has been featured in supporting roles in films like *Anna Karenina*, *Ex Machina* and *The Fifth Estate*.

Best Animated Feature Film — Inside Out

Pixar movies are historically favored by the Academy. Their innovative artistic elements and heartfelt, moral narratives produce quality films that audiences of all ages can connect to. With skilled voice acting, touches of humor and a powerful message on the significance of experiencing all emotions, *Inside Out* is Pixar's best in years. Perhaps besides *Anomalisa*, whose recent release garnered a mass of positive reviews, the film is the clear favorite for this category.

Best Cinematography — Emmanuel Lubezki

Lubezki, also known as "Chivo," is arguably the greatest cinematographer of our time. Master of the long take, he has crafted stunning imagery for a number of films, earning a number of awards including eight Academy Award nominations (two wins). He won last year for *Birdman*, in which he created a seemingly endless take throughout the film, and he deserves a win for his breathtakingly brutal compositions in *The Revenant*.

Best Writing, Adapted Screenplay — The Big Short

The screenplay for *The Big Short*, co-written by Charles Randolph and the film's director Adam McKay, is an ideal adaptation of Michael Lewis' 2010 book. It breaks through the convoluted jargon of the financial system, explaining the crisis riddled in unspeakable corruption and loss, without patronizing audiences. The script's fast-paced dialogue, dark humor and celebrity guest appearances are also sure to secure its victory in this category.

Best Writing, Original Screenplay — Spotlight

In a diverse category that ranges from *Inside Out* to *Straight Outta Compton*, *Spotlight* stands out as a classic Oscar pick — it involves a historical narrative of moral corruption and a thrilling search for the truth. Written by Tom McCarthy, who is known for his work on independent films, and Josh Singer, who wrote the screenplay for *The Fifth Estate*, this screenplay is almost guaranteed a win on Sunday.

Photography Forum focus on visual storytelling



COURTESY OF THE JOHNS HOPKINS PHOTOGRAPHY FORUM
A member of the forum took pictures of Hopkins students in the snow.

By ANEELA RATNAYAKE
For The News-Letter

The Johns Hopkins Photography Forum, known as JHPF, hosted an information session for those interested in joining the student group on Feb. 22. JHPF is a group on campus that aims to tell stories of Hopkins via photography and share a unique perspective of campus life. The group also does features on non-profit organizations off campus.

JHPF President Eric Chen described the primary goals of the organization.

"The focus of JHPF is to use photography to build a stronger JHU community," Chen said.

As a result, the organization frequently chooses to focus on campus groups that get less

publicity.

They have taken photographs for groups on campus such as Blue Jay Perch, Aquaponics Lab and the Peabody Ballet. Chen referred to photography as a social art and spoke on the pleasure he derives from being able to interact with diverse students and share in their passions.

"After shooting for so many clubs on campus and non-profits in city, I realized that being able to communicate well with the people around you is so, so important to being able to capture great pictures. To me photography is in many ways more of a social art than it is a visual art," Chen said.

The organization also showcases important establishments in the larger Baltimore community. An example of this was the showcase of the Sta-

tion North Tool Library, where people can go and use power tools free of charge.

Because it is a great resource for Hopkins students, the organization wished to showcase their services in order to make students more aware of its presence near campus and the ability to utilize it.

JHPF also displays photos in exhibitions around campus. Curated by the core team of photographers, they can be found in Brody B-Level as well as in the Mattin Center.

This team of photographers also provides affordable photography services to the Hopkins community. They have been hired for events, graduation, dance shows and portraits.

If students wish to

apply to JHPF, they can choose their level of commitment.

The organization has a three-tiered structure consisting of an executive board, a core team of photographers and the general body of JHPF. Those who choose to apply to the executive board or the core team must submit a portfolio.

However, those applying to the general body of JHPF only need to be passionate about storytelling and willing to develop their photography skills. Moreover, the core team hosts tutorials at the DMC where students can improve their photography skills.

For those interested in becoming a part of this organization, more information about their application can be found on their Facebook page.



COURTESY OF THE JOHNS HOPKINS PHOTOGRAPHY FORUM
The Photography Forum takes pictures for Hopkins student groups.

CARTOONS, ETC.

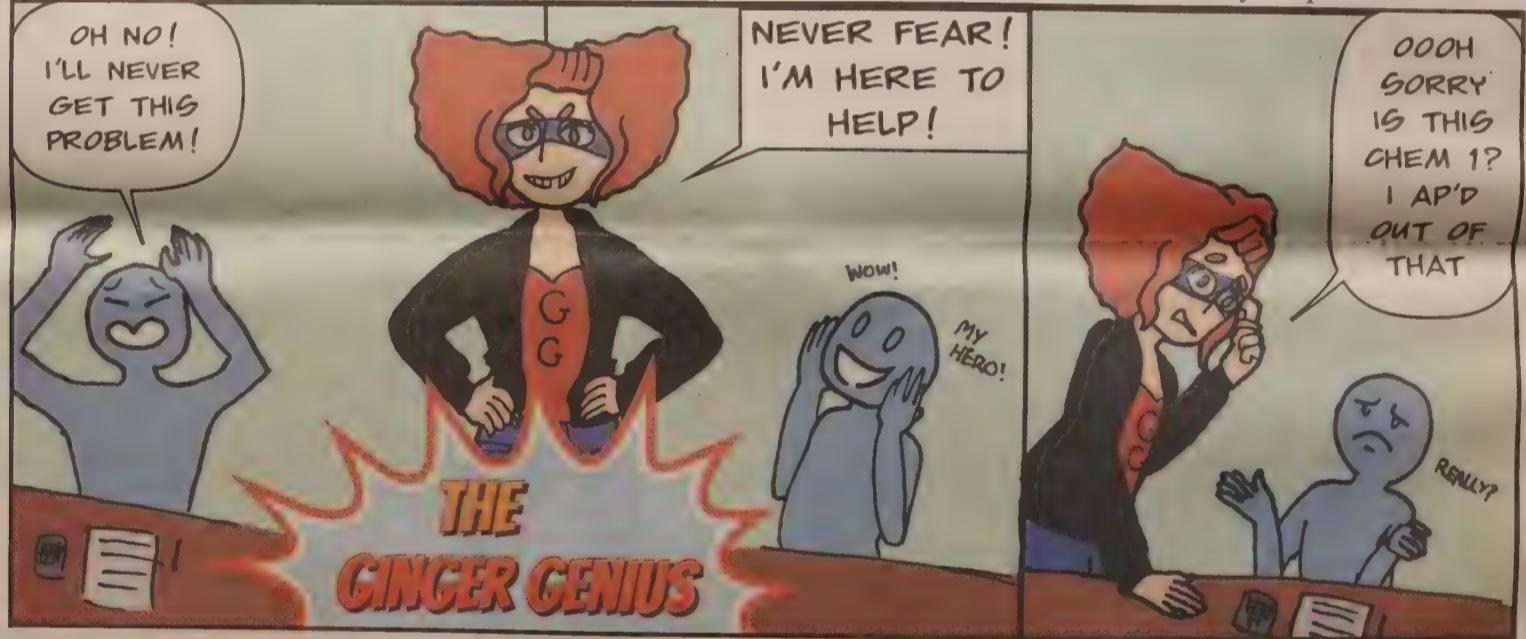
Grave Humor

By Stephanie Herrera



A Hopkins Hero Emerges!

By Stephanie Herrera



Science!

By Megan Donnelly



Feeling Artsy?

Student submissions
wanted for the
Cartoons Section!

If you have any questions or
have work to
submit, please email

cartoons@jhunewsletter.com

SCIENCE & TECHNOLOGY

Global Brigades group volunteers in Honduras

By PAIGE FRANK
Staff Writer

During Intersession, 25 students spent six days in Honduras sorting medications, shadowing doctors, seeing patients and running a temporary clinic for nearby citizens. The medical care they provided motivated citizens from all over the area to travel to the temporary clinic. Some citizens were rumored to have walked for over two hours to receive the medical care that Hopkins students were helping to deliver.

"Things that we take for granted totally change their lives in three days," sophomore Richard Um, who participated in the most recent trip, said.

For the second portion of the trip, the students traveled to a more rural area of Honduras where they were introduced to a few local families. It was there that they began the public health portion of their crusade. The students mixed vats upon vats of concrete, and they replaced many Honduran families' dirt floors with cement. They also provided the families with a safe, well-ventilated Ecostove for cooking and replaced any rudimentary bathroom

accoutrements with complete hygiene stations.

The students traveled to Honduras as members of the organization Global Brigades, which is dedicated to improving under-resourced communities through volunteer efforts aimed at advancing health and economic goals. It

is the largest student-led global health and holistic development organization in the world, with more in-field volunteers than the Peace Corps.

Global Brigades is comprised of volunteers from 110 different university chapters.

During the brigade to Honduras over Intersession, the students from Hopkins worked alongside students from the



COURTESY OF NIRALI CHAUHAN
Hopkins students traveled to Honduras this past Intersession to serve in a temporary clinic.

University of Virginia Worldwide, Global Brigades offers brigades to several other nations as well, including Panama, Nicaragua and Ghana.

The Hopkins chapter currently only travels to Honduras.

"You really get to see public health in practice and get to do it with your own hands and feet. You're literally mixing concrete on the ground with other people," junior Elisabetta Hobbins, the current head of the Public Health Brigades at Hopkins, said.

The Hopkins Chapter of Global Brigades offers five different brigades in total, for Medical and Dental, Public Health,

Engineering and Microfinance. Brigades are offered at three points throughout the academic year: Right before the year starts, over Intersession and immediately after classes end in May. Each brigade lasts for approximately a week and

is funded by the students. The money each student contributes goes almost entirely toward providing the medications, equipment and materials that will

be used throughout the brigade.

"Global Brigades is an amazing organization that I'm so honored to be a part of. It's holistic and transparent. The money you put toward your brigade

SEE BRIGADES, PAGE B9

"Global brigades is... holistic and transparent."
— ELISABETTA HOBINS, HEAD OF HOPKINS PUBLIC HEALTH BRIGADE

Neural pathways may strengthen our habits

By ALBERT HUANG
For The News-Letter

Your every life experience can be defined by two main types of actions.

There are the automatic, repetitive actions typical of your daily routine that require little thought about their value and consequence.

For example, you (hopefully) brush your teeth, likely without much thought about why you are doing so. And it doesn't matter — you do it because that's what you always do. These actions are called habits, and they are of interest to many others, including neuroscientists, therapists, marketers hawking their goods and those brave souls still clinging to their New Year's resolutions.

The other type of actions are decisions where the value of their outcomes must be carefully

evaluated, such as behaviors associated with certain goals. This category includes most novel decisions and dilemmas that we encounter every day, the types of life choices we are may cherish or begrudge, such as deciding whether to attend a certain party, taking a new route back to your dorm or attending the office hours for a specific professor on a given day.

Both of these types of decisions are addressed by the same brain region, a curled structure snuggled beneath the snarled cortex of your brain, and known as the striatum. Both habits and reward-associated decision-making live and die here, and this is where it was suspected that goal-driven behaviors transform into habitual ones. It is also where so much can go wrong, from drug abuse to neurodegeneration.

SEE HABITS, PAGE B9

By SCOTT ZHENG
For The News-Letter

A breakthrough by researchers at the University of British Columbia could change the function of windows by expanding the range of features they could offer.

In the quest to make more energy-efficient windows, it has been common practice for scientists to apply a layer of glass over metal. This technique is used in

making coatings for energy-efficient windows because glass makes metal more transparent, so more light would pass through these windows, reducing the need for artificial lighting and therefore decreasing electricity bills.

"It's been known for quite a while that you could put glass on metal to make metal more transparent, but people have never put metal on top of glass to make glass more transparent," Loïc Markley, assistant professor of engineering at the University of British Columbia, said in a press release.

A reversal of this standard practice, involving placing metal

on top of glass, is what Markley and Kenneth Chau, the lead investigator of this project and associate professor at the University of British Columbia, attempted.

By using this technique, they were able to find new and unique properties of metal coatings on glass.

This metal coating serves two purposes. As is commonly known, metals conduct electricity. However, this experiment also yielded a new discovery. By placing thin layers of metal coating on small pieces of glass, Chau and his team realized that the metal coating actually made the glass more transparent. More transparency allows for more light to pass through the medium.

"It's counter-intuitive to think that metal could be used to enhance light transmission, but we saw that this was actually possible, and our experiments are the first to prove it," Markley said.

The combination of enhancing light transmission through glass and metals conducting electricity may give rise to adding advanced technology to house windows.

The food we eat may influence our genes

By SABRINA CHEN
Staff Writer

A recent study from the University of Cambridge and the Francis Crick Institute in London has provided evidence that almost all of our genes may be influenced by the food we eat.

In the study, which was published in *Nature Microbiology* this month, Markus Ralser and his international team of researchers used yeast cells to model some of the body's most basic processes and concluded that the nutrients available to our cells can influence our genes.

The researchers decided to use yeast as a model organism because yeast cells have very similar fundamental cellular mechanisms to those of human cells, and the former are much simpler to manipulate. The yeast cells were studied at different levels of important metabolites and then examined to determine how the quantity of these metabolites affected the various genes and molecules the cells produced. The researchers found that the cells' products were affected by changes in cellular metabolism in nearly nine out of 10 genes.

Gene regulation is primarily linked to the genome, or the DNA blueprint, of an organism. Though this map can provide a substantial amount of information about how an organism will look, there are other ways that genes can be regulated by other genes or by epigenetic modifiers. In fact, it has even been shown that gene regulation may exist within the metabolic network. The metabolic reactions that occur within an organism depend on nutrients, which are, in turn, derived from the foods we consume.

Ralser and his team have found that the way nutrients break down

SEE GENES, PAGE B9

New discovery could turn windows into televisions

By SCOTT ZHENG
For The News-Letter

A breakthrough by researchers at the University of British Columbia could change the function of windows by expanding the range of features they could offer.

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The combination of enhancing light transmission through glass and metals conducting electricity may give rise to adding advanced technology to house windows.

would be fairly limited in their functionality outside of simple displays. Chau's project is based more on making electricity available in glass so that windows and glass can have a wider range of uses.

The next step for Chau and Markley's team will be to integrate this technology into windows so that it is possible to alter the amount of light passing through them, depending on whether it is day or night, rainy or sunny and summer or winter. They are also researching how to electrically control the amount of heat that is able to come through a window, which could lower heating and energy costs inside a house.

Currently a similar type of display technology, called smart mirror technology, is also being researched. Through this technology, mirrors would be able to display the date, time, weather forecast and news. This also has many practical uses since it provides users with the ability to quickly prepare for the day ahead while they are coming out of the shower or brushing their teeth.

However, smart mirrors

rely on having an LCD film embedded between the two sheets of glass of the mirror, which means that smart mirrors

Given the rapid growth in the field of display technology, that potential may soon be realized.



THOMAS SCHULTZ/CC-BY-SA-3.0
Neural pathways can be reconstructed using imaging technologies.

Choosing a good disease model



Duy Phan
The Brain Wave

The path toward understanding the basic mechanisms of disease and consequent rational development of therapies that target disease pathologies is highly dependent on the "disease model." Before any medication can be tested in human subjects, vast amounts of work are done using live animals or cell cultures that model the disease. Given that the drug development pipeline begins with an experimental model, what then makes a specific model suitable for studying a disease? Since a countless number of animal and cell culture models exist, this is an important question in deciding which model is the most suitable for experimental investigations of a disease.

The big rule of thumb is that the model should mimic the human disease as closely as possible. This means that a particular model should have similar biological and physiological characteristics to the human body and should recapitulate salient features of the disease.

The first big decision is: Should I use a live animal model or a cell culture model? Cell cultures offer major advantages in that cells can be collected from live human individuals with the disease, and growing these cells in culture and studying them can provide insight about the disease's biology. This approach to studying cells derived from humans with the disease is also the closest that researchers can get to studying a human subject without much ethical controversy. However, the big drawback of cell culture is that diseases occur in a biologically complex system of

a whole intact organism, which a bunch of cells growing on a dish do not replicate.

It is thus tempting to rely completely on live animal models since they offer a biologically complex system in which a disease can take place. Moreover, many animal models are also able to recapitulate the same phenotypes that are seen in humans. For instance, it is possible to experimentally induce spontaneous seizures in mice, thus making them suitable models for studying epilepsy. As a result, animal models, in particular the mouse model, have been the starting point for developments of many therapies, including ones that target epilepsy and cancer.

However, animal models can be very expensive to develop and maintain. Each genetically engineered mouse strain can cost thousands of dollars to generate. Some animal models are also labor-intensive to study and take a long time to make since it often takes months for a mouse to grow into adulthood. On the other hand, cell cultures have much higher throughput (many cells can be grown at once) and are much cheaper to maintain.

Moreover, preclinical success stories in animal models have often failed when they are translated into human-controlled clinical trials. A contributing factor to this gap is that, while animal models can model aspects of the disease, there can be major differences between what is seen in a mouse and what is seen in a person.

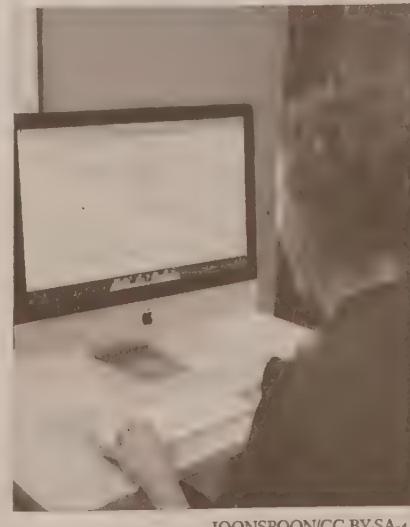
In the end, the decision to choose a specific disease model is complex, as no specific model is perfect. The best way to circumvent this imperfection, therefore, is to start with one model and then see whether findings from this one model can be replicated in another. These findings should then be replicated across different independent studies that utilize different disease models.

By SABRINA CHEN
Staff Writer

Scientists have recently found that cognitive therapy can change the brain volume of people suffering from social anxiety disorder (SAD).

The study was completed in Linköping University, which cooperated with other Swedish universities such as the Karolinska Institutet, Uppsala University, Umeå University and Stockholm University. The study relied specifically on Internet-delivered cognitive behavioral therapy (ICBT) as treatment for the patients. Patients with SAD had their brains scanned with magnetic resonance imaging (MRI) before any treatment was administered.

Evidence from neuroimaging studies in both animals and humans has shown that the brain is remarkably adaptable. In other words, structural changes in the brain due to environmental factors, learning, behavior and emotions are rather common. The researchers at Linköping University found that there was limited literature on the structural brain changes associated with anxiety-reducing pharmacologic agents and that previous conclusions have provided varying results. These researchers decided that a multimodal study was needed to improve the understanding of the human brain. With such a study in mind, the scientists embarked on a study to record neural



JOONSPON/CC-BY-SA-4.0
ICBT was administered to subjects in this experiment.

responsiveness in the amygdala after patients received Internet-delivered cognitive behavioral therapy.

The patients who participated in the study were directed through nine weeks of behavioral therapy. When the researchers scanned the patients' brains after nine weeks, they found that their brain volume and activity had decreased. This decrease was specifically noted in the amygdala, an almond-shaped grouping of neurons deep in the brain's medial temporal lobe and the brain's integrative center for emotions, emotional behavior and motivation.

"The greater the improvement we saw in the patients, the smaller the size of their amygdala," Kristoffer NT Mansson, Linköping doctoral student and the study's lead

author, said in a press release. "The study also suggests that the reduction in volume drives the reduction in brain activity."

The amygdala, anterior cingulate cortex, insula and hippocampus are

all structures in the brain that have central roles in the acquisition and expression of fear. When neurons in these particular parts of the brain become overactivated, anxiety disorders have been reported.

The study was done in a randomized and controlled setting and examined cognitive behavior therapy-related changes in the brain using a multimethod neuroimaging approach. Researchers were able to evaluate the relationship between structural neuroplasticity and the functional changes of blood-oxygen level dependent (BOLD) signals in the study's participants.

These findings were published in *Translational Psychiatry*, a *Nature* publication. The study was comprised of only 26 individuals and thus was deemed a relatively small

study. Nevertheless, it was unique in its multifaceted approach, which involved testing both brain volume and brain activity.

The brain parameters of the study subjects were also compared to those of a healthy control group in order to evaluate pre-treatment differences and the normalization effects of the treatment.

"Although we didn't look at that many patients, this work provides some important knowledge — especially for all the sufferers," Mansson said. "Several studies have reported that certain areas of the brain differ between patients with and without anxiety disorders. We've shown that the patients can improve in nine weeks — and that this leads to structural differences in their brains."

Mansson added that this experiment was just the first step of a much bigger project — to understand the psychological and biological effects of the treatment in more detail and to eventually develop more effective therapies. According to Mansson, the team plans to begin studying a larger volume of patients very soon.

Mansson is also working on a new study that will attempt to identify the point during Internet-delivered cognitive behavioral therapy at which the change in brain volume actually occurs. The research team hopes that one day these neurobiological changes may be applied on a larger scale.

Microbiomes are influenced by the environment

By REGINA PALATINI
Senior Staff Writer

We all carry a unique assemblage of bacterial colonies in and on ourselves that we began to collect before we were born and that continues to evolve as we pass through life. This "microbiome" helps us to fend off pathogenic bacteria and keeps us healthy. However, it can also cause health problems.

Maria Dominguez-Bello of New York University and her colleagues discovered that as people living in the Amazon rainforest become more urbanized, the bacteria found in their living environments become more like a person's personal biome and less like bacteria found in nature. Dominguez-Bello presented her work at a recent meeting of the American Association for the Advancement of Science and the results were published in the Feb. 12 issue of *Science Advances*.

In this study, researchers evaluated homes in four locations in South America that varied in development: a secluded village in a jungle, a rural community, a mid-sized town and a large city. Microbial samples were collected by swabbing the walls and floors of kitchens, bedrooms, bathrooms and living rooms.

In the city environments, the researchers were able to determine where certain microbial wall swabs were collected. The strains of bacterial colonies revealed which

area in the house the sample was from.

Although the homes in more urbanized areas typically had fewer human occupants than those in less urbanized areas, the urban homes also had increased levels of bacteria associated with the presence of humans.

In contrast, households in less urbanized areas had higher levels of environmental bacteria, such as those found in soil.

"These differences in the bacterial composition seem to stem from differences in the way the various types of dwellings are designed," Dominguez-Bello said. "For example, in some households in the rural areas, the floors were made of dirt, and the walls were wood columns. Conversely, homes in more urbanized areas had walls and floors made of synthetic materials, and the dwellings were more isolated from the outdoor environment."

According to Humber to Cavallin, an architect at the University of Puerto Rico and a co-author of the study, the differences in housing structure may explain the lower levels of environmental bacteria in some homes. Jungle huts that are open to the external environment housed large families, rural homes had walls that did not reach the roof and city dwellings were designed with conventional rooms and water.

Essentially, homes in urban areas had higher levels of microbes associated with the human presence, which could potentially imply an increased risk of the transmission of the bacteria that cause disease, the researchers said.

"But much evidence from previous studies has shown a link between a low exposure to environmental bacteria and high incidence of allergic diseases," Dominguez-Bello told *Live Science*.



ALEX LAPUERTA/CC-BY-2.0
Bacteria in village homes are different from those in urban homes.

ment, such as the walls and floors.

In one city home, bacteria normally found in the human mouth and in the stomach were found in swab samples of the rooms. In contrast, the jungle and rural homes contained bacteria found more commonly in soil and water.

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"But much evidence from previous studies has shown a link between a low exposure to environmental bacteria and high incidence of allergic diseases," Dominguez-Bello told *Live Science*.

This idea, sometimes referred to as the hygiene



RAMA/CC-BY-SA-2.0
Mice are one of the most common mammal species used for research.

SCIENCE & TECHNOLOGY

Students travel abroad with Global Brigades



COURTESY OF NIRALI CHAUHAN
The clinic offers free healthcare services for citizens.

BRIGADES, FROM B7

doesn't go towards overhead, it goes towards these communities, and you see that work play out while you're there," Hobbins said.

The students who participated in the Intersession brigade experienced the Hopkins chapter's first-ever hybrid brigade, a combination of the medical brigade held during the first three days of their trip and the public health brigade held during the last three. This hybrid brigade is the newest edition to Global Brigades at Hopkins. Hybrid brigades offer

students the option to choose two brigades over which to divide their time.

"We were able to see more of a holistic model of how medicine impacts a country like Honduras," Um, a

first-time Brigader, said.

Students need no prior experience to participate in a Brigade. According to Um, the majority of his training occurred through meetings at the end of the fall semester.

While on a brigade, Hopkins students stay at one of the Global Brigades compounds set up in Honduras. The compound houses students from several universities at once, as multiple brigades are often occurring simultaneously.

Almost every brigade includes not only work to help the community at large, but also specific work dedicated towards educating local children in the area. On the brigade that took place this Intersession, the students spent time instructing children on proper dental hygiene.

"The lasting impact was going in, getting connected with one family, helping that family for the whole week and completely changing their lives," Hobbins said.

This semester, the Hopkins chapter of Global Brigades hopes to expand its influence to local areas. The organization will partner with United Way of Central Maryland. In doing so, students will be able to promote self-sustainability not only abroad, but here in Baltimore as well. The change will also serve to promote a greater level of student involvement

by enabling students to make a difference even if they choose not to travel. In addition to expanding the reach of the organization, the Hopkins chapter plans to launch its first official engineering brigade this spring.

The organization's current chairperson of three years is Senior Nirali Chauhan. She serves to coordinate the brigades occurring on campus, recruits volunteers from Hopkins and collaborates with other schools, as well as the organization's national board. With regard to current action, Global Brigades continues to seek out and welcome new members. Currently its members are working towards preparing for the upcoming brigade at the end of this year. This brigade will again take place in Honduras and will run from May 15 to May 21.

"For everyone that has gone, it's a life changing experience. It's a humbling and important experience to have. Global Brigades, for me at least, brings me back to my calling and why I want to be a doctor," Hobbins said.

Brain impulses lie behind our habits

HABITS, FROM B7

Recent studies have continued to build on the understanding of habit formation in this structure, specifically in the dorsolateral striatum (DLS), or the upper and outer quadrant of this subcortical mass. For almost a decade, it has been established that this area is critical for habitual behavior, but the exact changes that occur during the transition of goal-oriented behaviors into habits were unknown until a paper identifying specific features of habits in the DLS of mice was published in *Neuron* this month.

Many studies that deal with habit and learning use mice, offering them something they tend to love (like sugar pills) if they play certain games, such as pressing at a mouse-sized lever.

The intercollegiate team of scientists from Duke University and Brandeis University also employed this strategy when they set out to investigate the changes in electrical activity associated with habits in the DLS area of mice brains.

Led by Professor Nicole Calakos of Duke University, whose lab specializes in studying the molecular mechanisms of synaptic plasticity — how the brain changes its communication over time — the team used a photon imaging technique and specially designed training regimens with their mice to measure the activity of the DLS.

The striatum is a gateway through which instructions from the cortex may pass. This is the heart of decision-making, the part where we do or fail to do something based on the calculations within our brain.

Much of it happens subconsciously. This gateway has two paths, a "go" and "no go" pathway. The "go" pathway activates motor instructions while the "no go" path shuts them off. While they seem like opposite actions, recent findings show that taking action requires a

certain balance between the two pathways. Every action requires certain motor patterns to be active and others to be simultaneously shut off.

Calakos and her colleagues created groups of mice in different spectrums of habituation to lever-pressing. By observing the rodents' brains and using novel imaging techniques to measure the activity of both "go" and "no go" projections at the same time, they found that the more habituated the mouse, the stronger both pathways became. The researchers found it more surprising that the sequence at which they were activated was just as telling.

The researchers could determine how relatively "lever-manic" a mouse was based on how much earlier its "go" pathway fired relative to the other mice. These two findings, that both pathways were strengthened and that the "no go" pathway follows the "go" pathway in habit-formed mice, provides a novel story as to how the DLS encodes habits.

The researchers went further than this, testing habit suppression as well as formation. Training mice in two groups, one well-habituated and the other strongly goal-oriented with regard to pressing the levers, the scientists suppressed the levels of lever-pressing by withholding a periodically delivered sucrose pill. They found that the elimination or reduction of lever pressing by habit was associated with a weakening in the "go" pathway alone.

Overall how we fall into bad or good habits ultimately comes down to electrical patterns in this part of the brain. Learning more about its mechanism can provide wide-ranging applications, such as helping to solve drug addictions and other behavioral maladies. Determining whether these findings translate to humans will be the next milestone in this area of research.

Our diets can affect gene expression in cells

GENES, FROM B7

affects how our genes behave and interact. Ralser believes that the findings could spark further questions about our responses to certain drugs. For example, cancer cells contain genetic mutations that change the metabolic network of cells. These mutations could explain the behavior of genes and show

why some drugs fail to work for some individuals.

Ralser and his team found that the metabolic background of the cells affected up to 85 percent of the coding genome and 88 percent of transcriptional interactions. In other words, deleting the same metabolic gene in a different background could cause an entirely different

response. Therefore, the tendencies of metabolic background have profound implications when it comes to gene expression on the genome.

"Another important aspect of our findings is a practical one for scientists," Ralser said in a press release. "Biological experiments are often not reproducible between

laboratories and we often blame sloppy researchers for that. It appears, however, that small metabolic differences can change the outcomes of the experiments. We need to establish new laboratory procedures that control better for differences in metabolism. This will help us to design better and more reliable experiments."

Scientists catalog more rare Earth minerals

By RAYYAN JOKHAI
For The News-Letter

A recent catalog of rare Earth minerals revealed that the total quantities of some of these minerals have a smaller volume than a sugar cube. However of the over 2,500 minerals in the catalog, many hold information that is crucial to understanding how the Earth formed. Robert Hazen, a researcher at the Carnegie Institution for Science, argues that while many people dismiss these rare minerals because they are so minimal in quantity, these minerals tell us how the Earth differs from the Moon, Mars and other planetary bodies. These uncommon minerals found only on our planet hold the key to knowing what makes Earth so special.

Hazen and his colleague Jesse Ausubel, a professor at the Rockefeller University, co-authored a paper on the rare minerals of Earth. They said that these minerals not only inform us of Earth's past, but may actually help us understand the origins of life on Earth.

While many think that rare minerals are substances like diamonds, rubies and emeralds, these are far too common to be included in their paper. "Rare," by their standards, includes minerals found in only five or fewer places on earth.

are a product of just a few variables: temperature, pressure and one or more of the 72 chemical elements that make up earth.

Some minerals are rare because they can only form under the most extreme and precise of conditions, like hatrurite, which is formed from calcium, silicon and oxygen, but only

at temperatures around 1,2500 degrees Celsius.

Planetary constraints are seen in minerals formed from rare elements, like beryllium. Ephemeral minerals have a crystalline form of methane hydrate and are found in obscure locations like Arctic drill sites.

While this study may

seem to have exhausted the subject, the scientists, as well as other geologists around the globe, are looking for more minerals deemed 'rare' enough to be included in such selective catalogs. They hope to apply the knowledge of these minerals to solving our unanswered questions about the Earth.

High blood-iron concentrations may be harmful to cells

By TONY WU
Staff Writer

Iron is vital to bodily function, playing an important part in oxygen transport and metabolism. However, nutritional deficiencies or excessive bleeding can cause iron deficiency anemia in patients. Those who are anemic may feel tired or lethargic. Currently, millions of people who have iron deficiencies take iron tablets to supplement their iron intake.

Recently, researchers have found that these iron pills may have damaging side effects to DNA when administered to cell cultures *in vitro*. Experiments were conducted using human endothelial cells, which make up the membrane that lines blood vessels. These cells maintain the

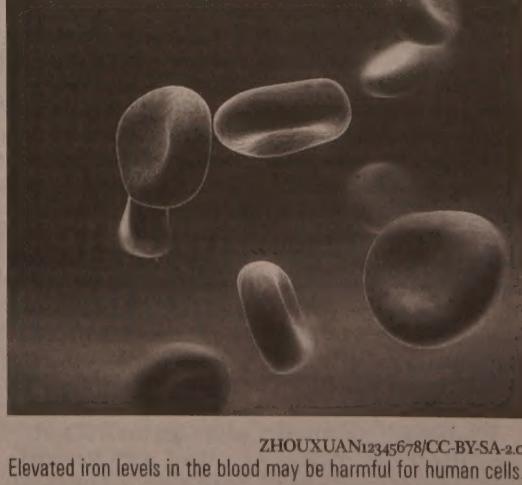
permeability of blood vessel walls and regulate blood flow. The researchers placed these cells in iron or placebo solutions to simulate the effects of taking an iron tablet. The concentration of the iron solution was set at 10 micromolar, corresponding closely with actual blood concentrations of iron after the administration of an iron tablet.

When examining the genes in the cells, scientists found that cells suspended in iron solution activated their DNA repair systems within 10 minutes. In addition, these repair mechanisms remained active for an extended time, up to six hours. RNA analyses also revealed that genes corresponding to inflammation, stress response and programmed cell death were activated in

many cells. All of these signs match the profile of cells that are under attack.

Previous studies have been conducted to test the effects of very high iron doses, but they were in regions outside of the therapeutic level. In patients with high blood iron concentrations, there is an increased risk of liver and heart diseases. In some cases, the patients have such a high level of iron that their transferrin saturation — proteins that transport iron within the body — can reach full saturation. (The normal range is between 25 percent to 45 percent saturation.) In contrast with these high iron levels, the iron levels that the researchers examined are those that are deemed ideal for treating anemic patients.

This finding suggests



ZHOUXUAN12345678/CC-BY-SA-2.0
Elevated iron levels in the blood may be harmful for human cells.

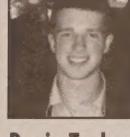
that cells can be very sensitive to iron concentrations, even if they are at a low level that is still considered safe for treatment. Future studies could be conducted to further measure the effect of iron supplements on the body. A small portion

All of these minerals

SPORTS

BLUE JAY SPORTS SCOREBOARD			
Men's Basketball	Men's Basketball	Men's Fencing	Men's Lacrosse
February 20, 2016	February 17, 2016	February 22, 2016	February 20, 2016
@ Washington College	vs. Dickinson College	@Philly Invitational	vs. Loyola University
W, 82-65	L, 74-73	4 W, 1 L	L, 9-8
W. Basketball	W. Basketball	W. Lacrosse	W. Fencing
February 20, 2016	February 17, 2016	February 21, 2016	February 22, 2016
@ Washington College	vs. Dickinson College	@ Rutgers University	vs. Fairleigh Dickinson University
W, 76-55	L, 55-44	W, 14-2	W

E-Sports making headway against tradition

Devin Tucker
Dev's Corner

competitive gaming. The concept of competitive gaming falls under the broad category of eSports, otherwise known as electronic sports or professional gaming.

While the competitive nature of video games traces back to the creation of video games, the actual viewership has gone up significantly in the past 15 years.

This notion, along with the sponsorship of professional gamers, further adds to the parallel nature of the structure of video gaming competition with athletic competition.

These newly formulated venues allow people without a propensity for athletic competition to compete at the highest level in a particular venue.

While professional gaming has made its presence known in lieu of athletic competition in recent history, there are traditional means of gaming that date back much further than video games.

These board games are the original eSports, and while not electronic they offer a way of competing against someone outside of athletic contest and create a fun and concentrated means for victory or defeat against an opponent.

To loosely quote one of my friends here at Hopkins who plays competitive chess on the national level, "Chess is one of the few sports where both you and your opponent are look-

ing at the exact same thing, and you can destroy them while they watch everything that happens to them."

I believe my inherent ignorance about these sports revolves around the simplicity with which I originally approached them. Both of these things contain so many more complexities and intricacies than I had ever imagined.

I thought I was good at certain games and realized I didn't even compare. I have lost to a computer in chess probably 100 times, and my friend can beat it.

This just shows that practice makes perfect anyone can compete in some form of game and that sports are not just limited to athletic competition.

M. BBall ends season with blowout win

M. BBALL, FROM B12

Hopkins system, and he dealt with injuries in his inaugural season as a Jay.

"My experience at Hopkins was very unique. I actually ended up having a season-ending injury my freshman year which was a major setback," Kotoulas said. "The program was much different than I expected. While I was a much more versatile player, our system is more focused on doing one task well. For example you cannot be a guard and a post. I was actually recruited to play point guard at some schools and center at others, so it took a long time to get adjusted to the system."

In Kotoulas' sophomore season, he dazzled teammates and coaches with occasional flashes of brilliance, but ultimately suffered through additional illnesses and could never break into the lineup significantly. Early in the campaign, he had perhaps the greatest game of his career in a contest against Washington College, finishing with 16 points, six boards and three assists.

Again another great life lesson, do exactly what your boss wants and specialize in that exact job."

Kotoulas understood his role, thrived when he was needed and didn't complain when his playing time dwindled. He will be remembered ultimately for his unselfishness, serving as an outstanding role player who made up the backbone of many great Blue Jay squads.

In addition to basketball, Kotoulas has emerged as a star in other aspects of his life as well, specifically music. He recently DJed at the Mosaic Nightclub at Power



HOPKINSPORTS.COM Senior center Matt Billups had eight hugs to break the school record.

Plant Live, an impressive achievement for someone with such a rigorous schedule.

"I always loved music, and I was actually inspired to DJ when I went to a concert," Kotoulas said. "It was in the summer in NYC, Jay Hardway was performing, and I said that this looks fun. So after working at an internship I used majority of my proceeds to buy a whole DJ system, MacBook and software to make music."

Reflecting on his time at Hopkins Kotoulas told us that "At moments I was the 'star' for a lack of better words and other times I didn't even check into the game. I was always the center of attention for my high school career, so it was rewarding to see it from the benchwarmer's perspective and truly appreciate everyone's contribution to a team. I will truly miss the experiences with my teammates and thank them for all of the excellent memories. No one can take away my positive attitude towards life."

Kotoulas continues to shine in all aspects of life, and as he departs Hopkins, he will surely continue to be a source of energy and inspiration to all who know him.

Expectations flying high for baseball

By EMILIE HOFFER
For The News-Letter

batted in (RBIs).

Also look out for juniors Ryan Orgielewicz and Thomas Mee to have huge 2016 campaigns. With 16 RBIs and three home runs, Orgielewicz finished the 2015 season with a .298 batting average.

The catcher proved himself at the Conference Championship against the Diplomats with his season-best three hits. Mee also had a break through performance in the Centennial Conference tournament record-ing a career-best four hits against McDaniels.

The team will look to the leadership of their captains, seniors Carter Burns, Colin Friedmann, Mitch Weaver and Trevor Williams and graduate student Jake Enterlin. With all of their experience, the captains will be crucial in guiding the team this spring.

"The goal is a trip to the College World Series," Burns said. The last time the Jays appeared in the series was 2010. The Jays will also face the defending national champions in a two game series beginning March 5 in Baltimore against the SUNY Cortland Red Dragons.

The team plans to treat the game against Cortland the same as they would treat any other game.

"We'll just go out there and give it our best effort," Burns said. "If we play the way we know we can, I am sure we will win."

The Jays will face the Keystone College Giants to kick off the season and will face an exciting slate of early-season action before it takes its annual Florida trip.

The Giants, who have been named the preseason favorite in the Colonial States Athletic Conference Coaches' Poll, will give the Jays some good early competition. The game will be held this Saturday, Feb. 27 at Babb Field at 1:30 p.m., and the Jays will play Sunday.



HOPKINSPORTS.COM Senior catcher Mitch Weaver will lead the Jays from behind the dish.

Coach Bob Babb will look for Weaver to shoulder much of the catching load. Weaver ended his campaign last season with a .312 batting average and started in 23 games.

Meanwhile, Burns and Enterlin will be key to the team's defensive success. Playing as a graduate student this year, Enterlin led the team with 61 strikeouts last season. En-

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SPORTS

ATHLETE OF THE WEEK
HALEY SCHWEIZER — WOMEN'S LACROSSE

By TARIQ OMER
For The News-Letter

This week's athlete of the week is Haley Schweizer, a junior on the women's lacrosse team, who started the season with a record of 3-0. The most recent victory for Hopkins came against Rutgers College, with a win of 14-2. The scoring was led by Schweizer, who had six goals to her name.

T he News-Letter: How were you guys able to beat Rutgers so comprehensively?

Haley Schweizer: We had two sloppy games against Marquette

and American and wanted to get back on track for our bigger games coming up. We wanted to use Rutgers to set the tone.

N-L: You were able to get a career-best six goals and seven points. How were you able to be so effective?

HS: Our defense was incredible, and goalie Caroline Federico made multiple saves, which gave our offense the ball. In addition, Dene' DiMartino and Emily Kenul worked well on the draw to get the ball. Rutgers plays a girl-conscious defense, so

we knew they would not slide to help much, so we just took advantage of a good matchup while the rest of the offense worked hard off ball to make it happen.

N-L: Not only did you guys score 14 goals but you only conceded two. How did you defense lock up Rutgers' offense so well?

HS: Our goalie had an incredible game. Additionally, in the previous game against American, our defense had a few too many miscommunication errors, so we worked hard all week on cleaning those up to have a

strong defensive unit for Rutgers.

N-L: You guys are currently 3-0. Has this perfect start boosted team morale, and if so, how?

HS: The 3-0 start has definitely boosted morale but we know we must stay level-headed for the next upcoming games against other top-20 teams now such as PSU and Loyola.

N-L: As an upper-classmen, how have you supported and mentored the younger girls on the team?

HS: The greatest thing

about our program is that it does not matter who is on the field or contributing as long as they are doing their job. Many of our freshmen are seeing time and working hard in practice. Just setting a good positive example for the younger girls and encouraging them to take risks is helping them.

N-L: As a junior, your coursework must be pretty intense. How do you balance your schoolwork, personal life and lacrosse duties so that you can be your best in each area?

HS: We have many resources to help us balance lacrosse, school and life. Our team has an academic advisor, Pat McDonald, who works hard to make sure we are staying on top of our workload. My planner is my life. Almost every minute of every day is planned out in there, which definitely helps me stay on track. I like and welcome a busy schedule because it helps me to stay focused.

N-L: How is the team preparing for Loyola on Wednesday, which will be televised nationally on ESPNU?

HS: We have scouted Loyola well and are excited

for what we call "The Battle of Charles Street." They are one of our biggest rivals. We are coming off of three solid wins and they're coming off of two losses to top teams, so they're going to want to take it to us, which is just firing us up even more.

N-L: Any final thoughts on the season so far, predictions for the season as a whole or on anything lacrosse-related?

HS: We hope to make it further than last year in the NCAA tournament (past the first round) and even further. We see many Big Ten teams, which is getting us excited for joining that conference next year. We hope to show and prove to those teams that we are more than capable of hanging with them. This season should be an exciting one as we see many new teams on our schedule.

Schweizer and the women's lacrosse team will return to the action on Wednesday, Feb. 24, where they will host 18th-ranked Loyola University. The game is set for 5:02 p.m. and will be televised on ESPNU.

American, Rutgers fall to W. Lacrosse

Maddie Bodden said.

W. LAX, FROM B12 of the season, a high-to-low strike with just 1:43 left to play.

In the season opener against Marquette University, several players mentioned the need to practice shooting leading up to the games this week and the increased focus appeared to pay off.

"We definitely worked on shooting a lot in the days following Marquette," Schweizer said.

"Aside from more reps, we watched film to see exactly how and why we were missing. I think we definitely sighted the cage better against American but there is still much room for improvement as the season progresses. We have great shooters who need to be utilized."

There was no doubt the Jays have seen significant improvement already in this young season.

"In our game against American, we had a much higher shooting percentage than we did in the Marquette game," Ibello said. "We incorporated more fakes and hitches when shooting, which gave us more successful shots."

Players cited high energy and strong ball movement as the core reasons behind their 6-0 run to start the first half.

"Ball movement was key, and we were playing really good, solid team defense as well, which always helps offense get the ball rolling," DiMartino said.

"We were finding open players and we were patient with the ball, which allowed us to get the defense moving and eventually put the ball in the back of the net."

Despite the overall strong performance, several players mentioned that the team got a little too comfortable with their first half lead.

"I think they were able to do this because we came back in to the second half a little bit on our heels," junior defender

At two apiece, DiMartino and Ibello led the team in assists for the game, with DiMartino also making a goal of her own.

Senior Reifler also turned in a multi-point game with a goal and an assist. Defensively, the team held the Scarlet Knights to just 14 shots compared to 34 for Hopkins and received a strong performance in goal from junior Caroline Federico, who made six saves and allowed just two goals.

Men's Lacrosse falls in heartbreaker to Loyola

M. LAX FROM B12

still working to improve in every aspect of the game. We found ourselves playing too much defense in the first half in particular and Loyola took advantage of some of those opportunities. To this point, our biggest opponent is ourselves."

Other new starters this season include sophomore Brock Turnbaugh in goal, graduate student Ben Kellar and freshman Drew Supinski at midfield.

Only two games deep, the Jays understand that it is still early and recognize where they can improve.

"Every team is improving and making adjustments at this point in the year, working to find that coherent bond between players and coaches to make each team successful," Foley said.

"Our team is getting better every week so we will work hard to prepare for UNC and build off the result."

The Jays will look to get back on track this Sunday against North Carolina for the beginning of a four-game home stand. "We need to bounce back from the Loyola loss and take the information we gained from that game and learn from it," Foley said. "We will have some extra motivation with it being our first home game and determination to reenter the winning column but our preparation and hard work this week will be the deciding factor on the outcome."

The contest is slated for Homewood Field at noon, and Hopkins will get home field advantage for the first time since last season.

"I think we just need to come out with more intensity and play for a full 60 minutes, not just a half like we did against Loyola," Marr said.

Marr and his teammates have lots of preparing to do if they want a win this Sunday.

All-Star Weekend goes down in NBA History Books

NBA FROM B12
Isaiah Thomas in the finals.

The second event of the night, the Three-Point Contest, pitted two familiar faces — and teammates — against each other. Stephen Curry and Klay Thompson, known as the "Splash Brothers" of the historically successful Golden State Warriors, met in the finals of the competition for the second consecutive year. Curry took home the title in 2015 but this time it was Thompson's turn because the shooting guard took down Curry and Phoenix Suns guard Devin Booker in the finals. Regardless of the winner, the "Splash Brothers" once again asserted their dominance as two of the best shooters in the game on quite possibly the greatest team of all time.

Curry and Thompson were spectacular but Saturday night's best was saved for last when Zach LaVine and Orlando Magic forward Aaron Gordon stole the show in arguably the greatest Slam Dunk Contest ever. The two second-year players put up dunk after sensational dunk, with most of them receiving a perfect score from the astonished judges, who included NBA legends Shaquille O'Neal and Magic Johnson. Each dunk was even more impressive and over-the-top than the last, with even the hoverboard making an appearance for one of Gordon's dunks, but it was the dunk during which Gordon essentially sat down in mid-air on top of the Orlando mascot that absolutely stunned the crowd and will go down as one of the greatest dunks of all time. In the end, after

each player performed two extra tie-breaking dunks, and LaVine barely edged out Gordon to win his second consecutive Slam Dunk Contest. If there was ever a time when there were truly two winners, this contest would have been it. The Slam Dunk Contest capped off a great Saturday night, captivating and entertaining the audience more than it had in years.

Finally, Sunday night came, and it was all about Kobe. The legendary Los Angeles Lakers guard, who was making his 18th and final appearance in the All-Star Game, was honored before the

game by the NBA and Magic Johnson in a truly heartfelt moment that celebrated the end of an era. Bryant ended up scoring 10 points in the game and was removed with a little more than a minute left in the fourth quarter to thunderous applause from the crowd.

The rest of the game was equally as entertaining, although it seemed like everybody's defense had gotten lost somewhere when they were crossing the border. The West prevailed over the East with a score of 196-173, and the teams combined for the most points to ever be scored in an NBA game. Thunder guard Russell Westbrook took home the game's MVP trophy for the

second consecutive season, while Paul George of the Pacers went for 41 points, falling just one point shy of Wilt Chamberlain's All-Star record score. All in all, the game was very exciting, featuring a plethora of monstrous alley-oops and an absurd 139 three-point attempts.

Here are some of All-Star Weekend's big winners.

The city of Toronto: Despite frigid conditions, the Canadian city did a wonderful job serving as the first city outside of the United States to ever host the All-Star Game. Furthermore, its two All-Stars, Kyle Lowry and DeMar

DeRozan, played well on their home court and have made the Raptors the most legitimate threat to knock off the Cleveland Cavaliers in the Eastern Conference. Watch out LeBron!

Karl-Anthony Towns: The first-overall pick in last year's NBA draft finished off a strong first half at All-Star Weekend, playing well in the Rising Stars Challenge and then pulling off a stunning victory in the Skills Challenge. Expect the Rookie of the Year frontrunner to become a regular participant in the All-Star festivities for years to come.

Zach LaVine: This guy just owns All-Star Weekend. In his two seasons in the league, he has won two Slam Dunk Contests

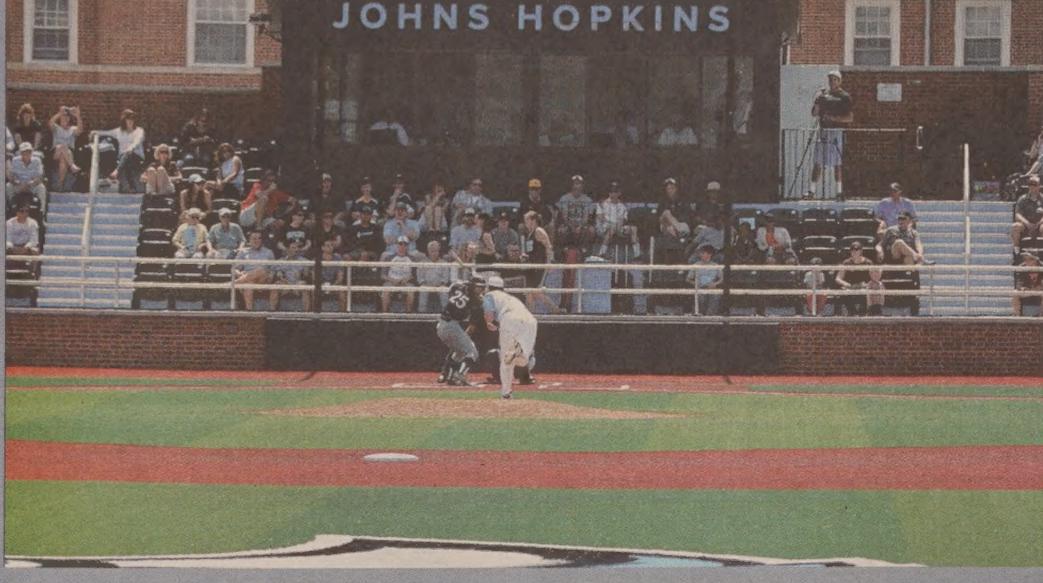


ESPN FIRST TAKE/CC-BY-2.0
Gordon won the title with this dunk.

With All-Star Weekend in the books, it is time to look forward to the second half of the season and see if anyone can take down the incredible Golden State Warriors, who will try to cement their place in history among the best teams of all time.

SPORTS

Baseball season starts Saturday at home



Excitement for Blue Jay baseball was already high before this image of an umpire riding a hoverboard at a Hopkins intersquad game gained national attention from several major media outlets, including [MLB.com](#), [Bleacher Report](#) and [Barstool Sports](#). *The News-Letter's* full preview of what promises to be an electric season for Coach Bob Babb and the Jays is inside.

DID YOU KNOW?

Lacrosse players Ryan Brown, Haley Schweizer and Dene DiMartino were named to the Tewaaraton Trophy watch list.

CALENDAR

Saturday
Wrestling @ NCAA East Regional Championships
M. Baseball vs. Keystone @ 1:30 p.m.
Sunday
M. Lax vs. UNC @ 12 p.m.

Women's Lax off to a scintillating start

By GAURAV VERMA
Staff Writer

The 16th-ranked Hopkins women's lacrosse team picked up a pair of dominating wins last week, both at home against the American University Eagles on Wednesday and the Rutgers Scarlet Knights on Sunday. The wins put the Lady Jays at 3-0 to start the young season.

The Lady Jays came out strong out of the gate against the Eagles, scoring the game's first six goals. Sophomore attack Shannon Fitzgerald opened up the floodgates for the Lady Jays, putting them up 1-0 just 38 seconds into the game.

Then, at the 25:53 mark, junior midfielder Haley Schweizer added a noth-

er tally, which was followed up by an unassisted strike from senior attack Dene DiMartino just 93 seconds later.

At the 20:58 mark, senior attack Jenna Reifler capitalized on a free-p-

sition shot, her first goal of the season, to put the team up 4-0.

Sophomore attack Emily Kenul then put the Lady Jays up 6-0, following two back-to-back goals, the first coming off an intercepted pass and the second off a pass from freshman attack Miranda Ibello at the

12:44 mark.

The Eagles went on to grab the next two goals to pull within four, but the Lady Jays came right back with three consecutive goals. The first came from senior midfielder Caroline Turco, who capitalized on a pass from Reifler to score from short range.

The second was courtesy of DiMartino and the third from Fitzgerald with an assist from junior attack Alexis Maffucci at the 5:41 mark.

The two teams traded goals twice to end the period, with DiMartino and Reifler scoring for the Lady Jays. Reifler's goal came in with just 1.9 seconds left in the half, giving Hopkins an 11-4 lead.

While the Eagles opened the second half with a score, the Lady Jays answered again with three goals of their own coming from DiMartino, Kenul and sophomore attack CeCe Finney, making their lead 14-5 at the 17:46 mark.

The Eagles would not go down with a fight, scoring five of the next six goals, with the Lady Jays' strike coming courtesy of DiMartino.

Sophomore attack Chloe Duke closed out the scoring for Hopkins and cemented the 16-10 victory with her first goal

SEE W. LAX, PAGE B11



HOPKINSPORTS.COM
Senior Josie George has anchored the "D," scooping up seven ground balls.

INSIDE Dev's Corner: E-Sports Evolution

Resident jack-of-all-trades Dev Tucker gives us the lowdown on the emergence of E-Sports, how they have supplemented traditional athletics in his life and their growing popularity.

Page B10

INSIDE All-Star Weekend Round-Up

New columnist Daniel Landy delivers his take on the festivities this year in Toronto, which featured a resurgent dunk contest and the highest-scoring All-Star Game ever.

Page B11

INSIDE Athlete of the Week: Haley Schweizer

After being named to the prestigious Tewaaraton Award watch list, Schweizer has led women's lacrosse to a sizzling 3-0 start, including a six-goal performance vs. Rutgers.

Page B11

Loyola knocks off M. Lax in top-10 matchup

By MAGGIE SPITZER
For *The News-Letter*

On Saturday, Feb. 20, the Blue Jays lacrosse team took on the Loyola University Greyhounds.

Heading into the contest, the Jays were ranked sixth by the media and seventh in the coaches' poll. The Greyhounds were the eighth-ranked team by both measures.

Heading into this top-10 matchup of Maryland schools, the Jays and the Greyhounds both entered the game at 1-0, with opening season victories over Navy and University of Virginia, respectively.

The hometown rivalry

lived up to the hype, as almost 5,000 fans filled the Ridley Athletic Complex. Under head coach Dave Pietramala, the Jays have won over 85 percent of their games against teams within the state. But unfortunately, Saturday afternoon was not one of those occasions.

The Jays were unable to overcome a rough first half, and the Greyhounds came away with the extra goal in a 9-8 victory. Coming off a six-goal effort against Navy and being named the Big Ten Men's Lacrosse Offensive Player of the Week, senior attackman Ryan Brown sparked the Jays' offense with two goals early on, but never scored again.

The Jays certainly did not make it easy though as they drew the deficit to just one point on four separate occasions in the second half. Freshman Kyle Marr and junior John Crawley each added two goals to give the Jays some momentum down the stretch, but the late rally was not enough to overcome the 5-2 halftime deficit.

"It felt good to contribute for the team when we were down," Marr said. "I think we started to get more into a rhythm as the game went on and got some good looks at the end of the game, [but we] just weren't able to finish a few times."

Marr scored his first

and second career goals in Saturday's matchup.

Although the all-time record still stands at 47-6 favoring the Jays, the Greyhounds achieved three straight victories before the teams' 53rd meeting. Following the loss, Coach Pietramala said the outcome simply came down to making too many mistakes that the opposition was able to capitalize on. Freshman defender Patrick Foley, one of the many new faces in this year's starting lineup, agreed.

"We played far from perfect lacrosse on Saturday," Foley said, "and it being our second game into the season, we are

SEE M. LAX, PAGE B11

Billups sets blocks record in final game

By ANDREW JOHNSON
Staff Writer

This past weekend, the Hopkins men's basketball team closed out their season with a bang as they cruised past Centennial Conference foe, the Washington College Shoremen, by a score of 82-65. With the victory, Hopkins finished their season with an overall mark of 13-12 (10-8 CC), while the Shoremen dropped to 3-22 (1-17 CC) in what has been a very tough campaign. The Jays ended up placing tied for fifth in the final Conference standings, finishing a game behind the fourth-place Gettysburg Bullets in the race for the final playoff spot. The season was certainly not a fail-

ure by any means since the Jays were consistently competitive and remained in contention for the playoffs until the final contest of the year. However, the Jays returned with a plethora of seniors from a team that won 25 games last season and advanced to the Sweet Sixteen of the D-III playoffs. With much of that talent returning, there was a hope that the Jays could once again be a dominating unit. While that did not happen, there is no question that this team faced significant adversity and still managed to be a formidable, albeit rarely dominant Conference challenger capable of beating any team in any given contest.

In an interview with

one of the many accomplished seniors on this veteran laden squad, guard Niko Kotoulas discussed some of the struggles the team faced this season, while also highlighting his own athletic and personal journey as a Blue Jay.

"We lost our starting point guard who I believe would have won player of the year in our Conference," Kotoulas said, referring to senior Austin Vasilidis, who had broken out to an absolutely torrid start with a torn ACL only six games into the campaign.

But the team still put forth their best.

"There were some close games where for some reason we couldn't

close out. There was never a lack of effort," he said.

A lack of effort has certainly never been an issue for Kotoulas, who has made the most of every minute he has stepped on the floor as a Blue Jay. While he has dealt with inconsistent playing time for much of his career, Kotoulas has regularly served as a sparkplug and game-altering force when he has received the opportunity to play significant minutes. As a uniquely skilled hybrid guard/forward capable of playing both on the perimeter and in the post, Kotoulas revealed that he initially felt constrained by the rigidness of the

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Min-

nesota Timberwolves led the way for Team U.S.A., putting up a team-high

30 points and seven rebounds. Knicks phenom Kristaps Porzingis, along with Denver Nuggets guard Emmanuel Mudiay and Timberwolves forward Andrew Wiggins put up strong numbers in Team World's losing effort, scoring 30, 30 and 29 points, respectively.

The events on Saturday night took the weekend to another level entirely. The night started off with a newly structured Skills Challenge as some of the game's big men took the court alongside the skilled guards who usually make up the entirety of the competition's participants. The new format facilitated Timberwolves rookie center Karl-Anthony Towns' improbable upset over Boston Celtics guard

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Toronto delivers big for All-Star Weekend

By: DANIEL LANDY
For *The News-Letter*

Despite starting in late October, the NBA season is said to unofficially begin on Christmas Day. Likewise, with the Super Bowl in the rearview mirror and baseball still around the corner, mid-February is the time when the basketball season really takes off. Before the beginning of the stretch run though, the league's best headed north of the border for an All-Star Weekend in Toronto that exhibited the best that basketball has to offer — and they did not disappoint.

On Friday, the Rising Stars challenge kicked off the weekend with a terrific matchup. Team U.S. eked out the victory, edging the league's young international players in a 157-154 thriller. Zach LaVine of the Min-